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MOR ARAS PRANA FOR

### NOVEMBER 2015

### CONTENTS

### ON THE COVER

- 122 THE NEW RULES OF OFFICE STYLE Easy, chic pieces to wow at work
- 134 CHERYL On Grimmy, Simon and her sexy French husband
- 146 LAURA CARMICHAEL The Downton Abbey star swaps period pieces for geek-chic
- 156 ZOË KRAVITZ IN DIOR She talks early fashion influences and her (very stylish) hand-me-downs
- 173 HOW TO GET A JOB IN FASHION Dos and don't from the gueen of Fashion East, Lulu Kennedy
- 225 BEST EVER BEAUTY HACKS Your ultimate How To special

### WHAT'S NOW

- 39 THIS MONTH Bond style, specs appeal, French fashion rules, plus Orla Kiely's tips for wearing print
- MAKE DO + TREND Want to create a stylishly spooky top for Halloween? Here's how
- 51 MY FASHION LIFE Jenna Coleman
- 52 INSTYLE ACCESS Valentino couture
- 54 NOTES FROM THE FASHION DESK Winterwarmers and cool collaborations
- 56 WHAT SHE SAID Deadline? What deadline?

- 80 SHOES WE LOVE Meet the new mid-calf boot
- 82 ANATOMY OF A LOOK Work that 70s silhouette
- 85 ASK HENRY Style advice from Mr Holland
- 87 INSTANT STYLE Bring on the prints
- 94 HOW HANNAH WEARS IT Our fashion features editor gets into parkas
- FAB 5 Accessories in retro shades are so 2015
- HOW FASHION GIRLS WEAR JEANS Styling tips from the InStyle experts
- 109 HIGH-STEET HERO This month's 'buy it now' dress
- 111 LUST LIST Chic, understated gems
- 112 ALL-TIME GREATS Watches you'll wear forever
- HOW TO DRESS FOR THE JOB YOU WANT What you need to know to get ahead
- 118 THE ESSENTIAL Work bags

- 162 JONATHAN SAUNDERS The down-to-earth Scot making out-of-this-world clothes
- THE APPRENTICE New movie *The Intern* got us thinking about our own work experience mares
- I WANNA BE IN YOUR GANG A few rules for creating your own gal-pal group, à la Taylor Swift

184 NOTES FROM THE BEAUTY DESK Clever concealers, quickie make-up tips plus easy nail art 223 PRO SECRET Eat yourself beautiful

- 186 EDITORS' PICKS This month's must-haves
- 188 GOING FOR BOLD Edgy eye art that's easy to do
- 198 WHAT DOES PLEASURE SMELL LIKE? Nothing affects our emotions quite like scent. Here's why
- 209 BEAUTY ICON Mia Wallace from Pulp Fiction
- 211 10 WAYS TO ... Save the planet. Beauty tips to make your beauty routine a little bit greener
- 214 ASK GEORGE Mr Northwood has all the answers
- 217 BEAUTY TALK Léa Seydoux shares her secrets
- 221 MY FITNESS RULES Christy Turlington shows us how to shape up like a super

### LIFESTYLE

- 251 TRENDING THIS MONTH Pumpkins
- 253 GO SOCIAL Bonfire party inspo
- 255 EMILY'S TABLE Lunch with Sadie Frost
- 257 ELLY'S EATS Elly Pear's smoky squash soup

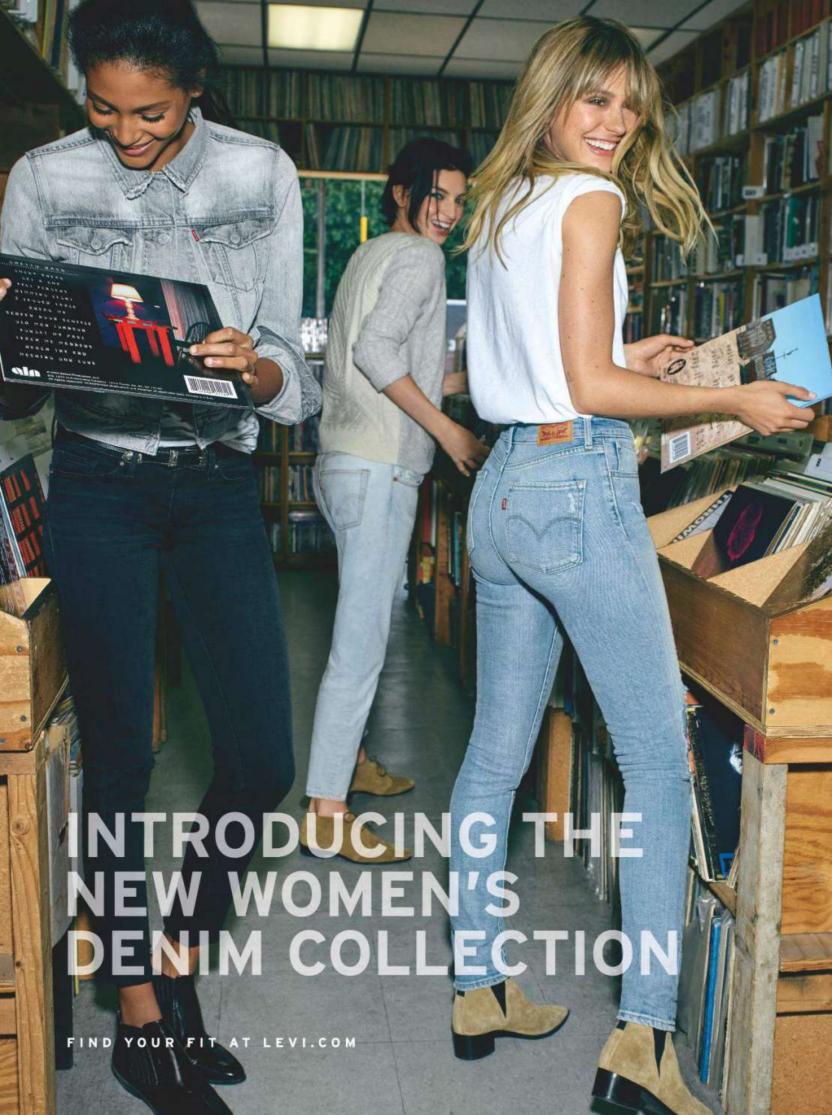
'There's nothing I can hear about

myself that I haven't already heard'

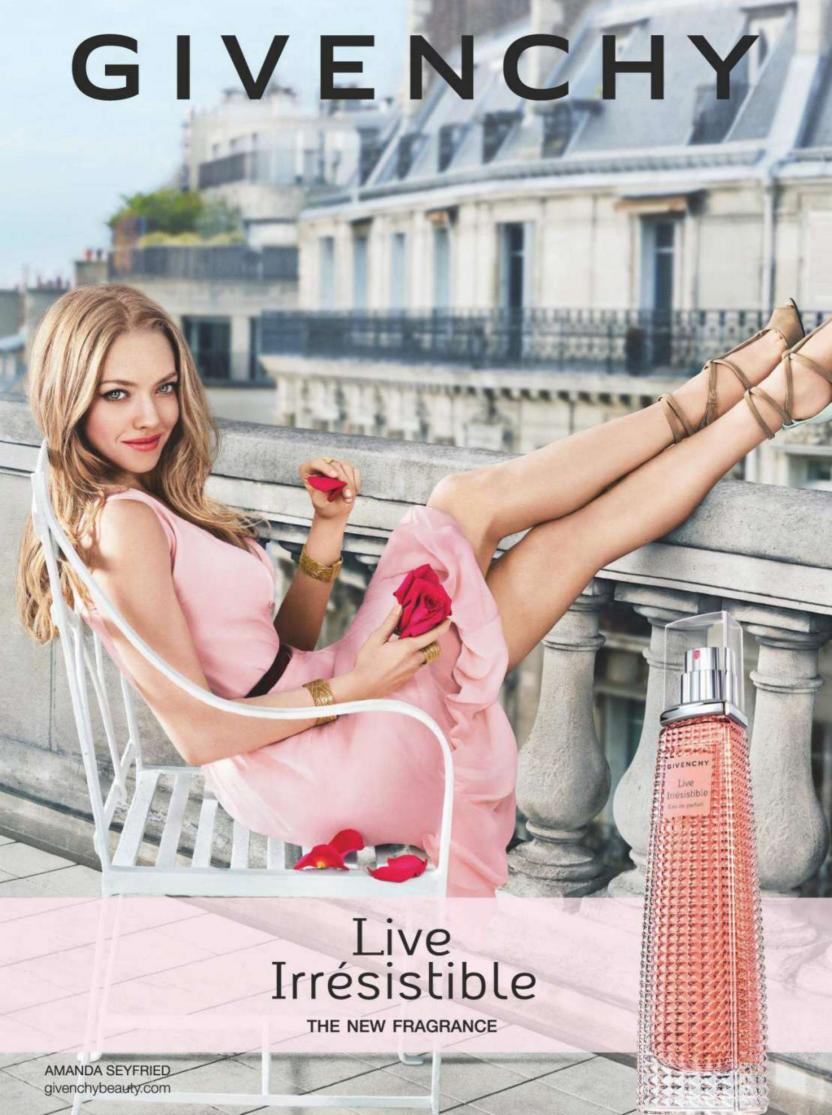
**PAGE 134** 

259 CHIC RETREAT A spa getaway in Bath

- 65 THE LOOK Our favourite best-dressed celebrities
- 130 SUBSCRIPTIONS Welcome gift worth £50
- 236 READER OFFER Get 20% off Renskincare
- 266 THE TROPHY Louis Vuitton's Mary Janes









### EDITOR'S LETTER

I never really had a proper school uniform. The only requirement was that we had to wear brown. And since, in the 80s, that particular hue was colour non grata, I dyed an old denim mini a shade of grubby mud and somehow got away with it. It's totally different for my kids, who have a ridiculously strict dress code that involves a mortifying ticking off if your jumper's too big or the checks on your gingham frock are a shade too navy. As monotonous as it might be for them, I envy the democratic simplicity. I desperately try to be that person who preps their outfit the night before, but all too often it gets to 7.50am and I'm still hovering in front of my wardrobe wondering how on earth I can make my mid-length, navy pencil skirt work for a full-on external meeting as well as super-casual drinks in a pub with my friends later. Although there are tons of women who have jobs that insist on skirts of a certain length and tights through summer, 'what

to wear to work' has become a minefield. Only last week I spent an evening prepping my sister-in-law, a very grown-up market research director, for a meeting she had with a new client. Because she works from home she doesn't need a wardrobe groaning with Stella McCartney tailoring, but wanted to make sure her hipster new client didn't think she'd lost her edge since she'd moved out of London. We went for a minimalist co-ords combo from COS. But we've all been there. That desire to look fashiony without looking like you've cut and pasted an outfit from the a/w 2015 trends. The dream is to look breezily chic, sharp AND comfortable (our workwear edit on p122 really does make this seem possible). And if you're at that stage where you really want to impress your boss, Hannah Rochell's insightful advice on page 117 is well worth reading too. I've not quite got my uniform sorted yet, but I know what I'm wearing tomorrow at least.









### NOVEMBER 2015

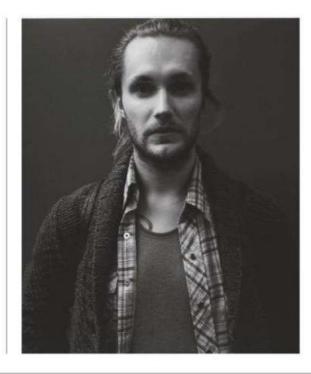
### CONTRIBUTORS



ANNE KYYRO QUINN Born in

Born in Finland, this textile designer/ artist now splits her time between London and

Italy. With her atelier just around the corner from *InStyle* HQ, it didn't take long for our creative director to scout her out, scooping up one of her giant texturised installations for our shoot with Laura Carmichael on page 146. Anne says her and her team of four, who handcraft the pieces, keep their energy up with Japanese green tea.



### ELIAS HØVE

Growing up on a small northern island in Norway, this make-up artist made the move to London six years ago. A self-confessed 'theatre kid', Elias originally wanted to be an actor, but when he realised he was 'good at painting faces for stage', he was hooked. Since then he's balanced glamorous locations with the more remote. Think 'Southend in the rain living on chip butties'. He's worked with Kristen Stewart, Lily James and now adds singer Florrie to the list (page 188).



### JAMIE SPENCE

For our exquisite All Time Greats watch shoot on page 112, deputy picture editor Jamie spent the day hanging out with two beefy security guards (they were protecting the watches). When he wasn't sipping tea with them or arguing over the playlist, he was adjusting the four set-ups for the perfect shot. On Jamie's wrist you'll find 'an old grandad-style watch I fell in love with years ago'. His fantasy? 'The Nomos Tangente would definitely be on my list.'



GOT A HOT DATE? CAN'T DECIDE WHAT TO WEAR?CHECK OUT AMY'S GUIDE AT

InStyle.co.uk

### TUNG WALSH

Born and bred in north London, Tung still calls it home. 'I haven't found another city that I prefer. It's a very diverse place.' After watching his photographer stepdad in the darkroom, Tung followed in his footsteps, starting out by assisting Juergen Teller. He's since shot Taylor Swift, Tilda Swinton and adds our cover star Cheryl Fernandez-Versini on page 134.





EMPORIO ARMANI



### MICHAEL KORS

MICHAELKORS.COM





Guess who we're shooting for the November cover...



Hot brunette from X Factor.



HILARIOUS. So, it's Cheryl.



Simon Cowell? Really?



Where are we shooting her?

styling her?

get it – sort of Jackie ) meets Don Draper's second wife.

You know you just said totes?



Um...Dagenham Civic Centre.

It's all marble and art deco – really cool. Trust me.



Think 1960s First Lady with a bit of a wild streak.



Ohmygod TOTES.









### Editor CHARLOTTE MOORE

Creative director HANNAH VERE Deputy editor EMILY DEAN

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Associate editor NIKI BROWES
Fashion features editor HANNAH ROCHELL
Senior features writer LUCY PAVIA
Editorial assistant CHLOE MAC DONNELL
Features intern ISABELLA SILVERS

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Executive fashion director NICK SPENSLEY
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Beauty editor MALENA HARBERS
Acting beauty editor KATIE SERVICE
Beauty assistant GEORGE DRIVER

### InStyle.co.uk

Digital editor ELEANOR YOUNG
Digital fashion and beauty writer
MAXINE EGGENBERGER
Digital assistant REBECCA GILLAM
Video producer LAUREN MIDWINTER

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Editorial director ARIEL FOXMAN
Creative director RINA STONE
Design director BRIAN ANSTEY
Assistant managing editors PATRICK MOFFITT,
LAVINEL SAVU
International manager NATALIE McCREA
International coordinator KELLEY CINTRA
International assistant RODERIC DAVID

### **PUBLISHING**

Publisher NINA LAWRENCE

### ART

Deputy art director ANDREW BARLOW Acting deputy art director PHOEBE SING Acting senior designer VIET TRAN

### **PICTURES**

Senior picture editor CHARLOTTE HALL
Deputy picture editor JAMIE SPENCE
Producer and bookings editor ELISE HALL

### COPY

Chief sub-editor SUSAN HENDERSON

### **LUXURY FASHION HUB**

Head of production NICOLA MOYNE
Deputy head of production SOPHIE DAVIS
Chief sub-editor CLAIRE HEARN
Deputy chief sub-editor RACHAEL SANDERSON
Acting deputy chief sub-editor DANIELLE WILKINS
Sub-editor LÉA TEUSCHER
Designer JAMES DAVIES

### TIME INC.

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Chief content editor NORMAN PEARLSTINE
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### NOVEMBER COVER 2015

CHERYL FERNANDEZ-VERSINI PHOTOGRAPHED BY TUNG WALSH

Styling by Amy Bannerman. Hair by Dayaruci at One Represents using L'Oréal Paris Elnett. Make-up by Sharon Dowsett at CLM Hair & Makeup using L'Oréal Paris.

Cheryl wears dress, Michael Kors Collection (michaelkors.com); jacket her own





### Publishing director JULIE LAVINGTON

Brand publisher TOBY EVANS Publisher JHAN RUSHTON (020 3148 7618)
Assistant brand publisher HARRIET DIXON (020 3148 7668)
PA to publishing director RIA HARRIS (020 3148 7664)

### **ADVERTISING**

Retail and beauty manager
BANDI MANZINI (02031487404;
bandi.manzini@timeinc.com)
Head of fashion
KATIE McSWEENEY (02031487584;
katie.mcsweeney@timeinc.com)
Advertising business executive
JAMES ZAMAN (02031487579;
james.zaman@timeinc.com)
Head of agency sales

LINDSAY DEAN (020 3148 3668; lindsay.dean@timeinc.com)

Regional trading director

RUSSELL MATTHEWS (0161 601 3730)

Digital client manager

AMY McKEAN (020 3148 7590;

amy.mckean@timeinc.com)

 $Beauty\,communications\,director$ 

ZOE ROBERTSON (020 3148 7588;

zoe.robertson@timeinc.com)

Italian advertising

STUDIO CAVALLINI (00 39 02 366 327 60)

French advertising BCN PARIS

MARION BADOLLE-FEICK

(00 33 172712524)

Spanish advertising SPECTRA MEDIA  $(00\,3172\,712524)$ 

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Marketing and events manager
KATE THOMPSON (020 3148 7684)
Marketing executive
EMILY HANCOX (020 3148 5374)
Subscriptions marketing manager
DIANE HORNBY (020 3148 6295)
Circulation manager
PAUL BURDEN (020 3148 3454)

### FINANCE

Editorial business manager
ALISON WILLIAMS (020 3148 7484)
Management accountant JULIE-ANN MUDGE

### **CREATIVE MEDIA**

Acting creative account director

JULIETTE CARRINGTON (020 3148 7610)

Group Creative Media director

MATT DOWNS (020 3148 3681)

Content development director

JOANNA RAHIM (020 3148 3617)

Project director HANNAH SPICE (020 3148 3623)

Shoots director GINNY HENRY (020 3148 3620)

Project manager SHELLEY HALPERIN-SMITH

(020 3148 3654)

### **CLASSIFIED**

Head of sales HOWARD JONES (020 3148 2535)
Sales manager
EMMA VAN DER VEEN (020 3148 2635)
Classified executive
AMY ROWLANDS (020 3148 2646)
Copy contact
ROSANNE HANNAWAY (020 3148 2506)

### **INSERT SALES**Loose inserts sales director

LINDSAY MARTIN (02076118151)

Bound in and tip on sales manager

JAMES RIALL (02076118149)

Regional advertisement manager (Manchester)

STEPHEN WALSH (01616013725;

stephen.walsh@timeinc.com)

### **PRODUCTION**

Group production manager SUE BALCH
Production manager JOHN BOTTEN
Digital producer OLIVER BOURNE
Advertisement production ROSANNE HANNAWAY
Colour origin RHAPSODY,
London EC2 (020 7729 1000)

### TIME INC. (UK) LTD

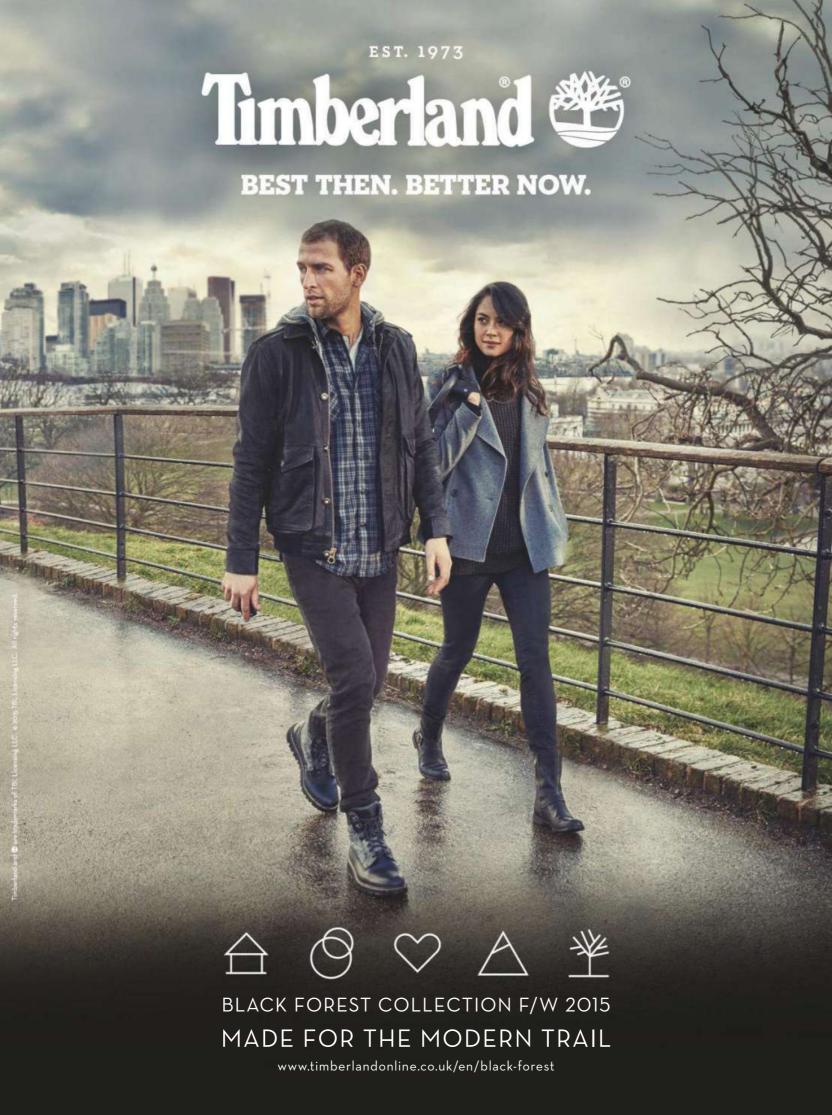
Managing director, Luxury JACKIE NEWCOMBE
PAto managing director
CATHERINE SHEPPERSON (02031487651)
Head of client partnerships
ALEX RUSSELL (02031487570;
alex.russell@timeinc.com)



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'THOM EVANS IS IN YOUR BUILDING ON FRIDAY,' said the email. 'Would you like him to stop by the InStyle office?' Um, is the Pope Catholic?

Thom pitched up with a bag of balls (rugby balls, don't be filthy) which he dutifully signed for our rugger-loving family and friends, charmed the socks off literally everyone and even taught our executive fashion editor Nick how to pass. Nothing like a visit from a hot rugby player to get a group of (largely) apathetic InStylers suddenly interested in the World Cup.









# MAYBEL





## MAX FACTOR X



THE MAKE-UP OF MAKE-UP ARTISTS

#### EVERY GREAT LOOK...





Bringing a new era in drying technology. The BaByliss 3Q lightweight dryer has advanced brushless motor technology for ultra-fast, controlled drying and exceptional ionic conditioning to leave hair super smooth and shiny. With a 10 year motor guarantee it is designed to keep your hair looking flawless day after day, year after year.





The a/w 2015 catwalks appeared to celebrate all things James Bond this season, with a host of designs that paid homage to previous films, including *Diamonds Are Forever* and *Live And Let Die*. And right on cue, as *Spectre* – the 24th Bond film and fourth to star Daniel Craig as 007 – is released on 26 October. We're particularly excited about Monica Bellucci starring as the ultimate, and oldest Bond girl yet (she's 50). Kudos.



SALONISTM

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# WHO'S YOUR SPECTACLE ICON?



MORRISSEY

AS SEEN AT

GUCCI

THE LOOK

MODERN GEEK CHIC

#### JARVIS COCKER

AS SEEN AT

LOEWE

THE LOOK
RETRO SPORTY TOMBOY

#### PONCHERELLO

AS SEEN AT
JIL SANDER

THE LOOK

UNABASHED 70S COOL

# THE MOST AMAZING = TRAINER SOCKS

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Invisibles
£7.99,
Stance
(asos.co.uk)

Looking for a pair of trainer socks that won't end up bunched around your toes? Stance's 'super invisibles' socks are brilliant, with low sides so they can't be seen (at all) and clever silicone pads on the heels, which keep them firmly attached to your feet. We've tried and tested them – vigorousy. Best. Socks. Ever.

'Rivertown' Super Invisibles, £8, Stance (size.co.uk)



### UP THE WOMEN!

Suffragette, the hotly tipped drama about the original women's rights struggle, hits cinemas this month. Here are the film's stars in their own feminist words...

#### CAREY MULLIGAN

(PLAYS MAUD WATTS)

'A film role has to strongly represent some aspect of femininity, otherwise I'm not really interested in it.'

#### ROMOLA GARAI

(PLAYS ALICE HAUGHTON)

'I can only do something that my sister or my daughter, if I have one, could watch and feel positive about.'

#### ANNE-MARIE DUFF

(PLAYS VIOLET MILLER)

'As I get older, I want to draw on my experience to make roles better. I see that in the older women who inspire me – their experience makes them better.'







## NAOMI WEARS... STATEMENT COATS

THIS MONTH, OUR CURVY COLUMNIST AND MODEL NAOMI SHIMADA SHOWS US HOW TO ROCK STATEMENT OUTERWEAR

#### IF YOU WANT TO COMBINE

functionality and style, throw a parka over anything and it always works as the perfect cosy cover-up.

Coat, Ashish; trousers, ASOS; top, just seen, Issy Miyake; trainers, Vans



#### A WELL-CUT WOOL COAT

is my go-to item during the transitional season. It gives you structure and accentuates your shape, no matter what size you are. Plus, it looks great dressed up or down.

Coat, Yuzzo London; dress, Pleats Please Issey Miyake; shoes, Miu Miu; earrings, Tom Binns



#### WE'RE OFTEN TOLD TO

cover up to minimalise our size, but I feel like we should wear whatever makes us feel good. A furry coat hugs my body exactly how I want it to, and makes a cuddly addition to my winter wardrobe.

Coat, Moka London; top, vintage; skirt, Marques'Almeida X Topshop; socks, Monki; trainers, Converse



FOR MORE FASHION TIPS, HEAD TO NAOMI'S BLOG AT NAOMISHIMADA.COM

## HOW TO DO PRINT DRLA KIELY

What would you say to persuade a woman who usually wears black that it's easy to wear print?

'Wear a black, grey or navy cashmere sweater and pair it with a bold, large-scale printed skirt. Or why not just wear a printed dress? It doesn't have to be large-scale - ditsy prints are cute and easy to wear, too.'

#### What's your advice for print clashing?

'I love the idea of print on print. Mixing different prints of different scales can look so cool. Very Iris Apfel, which is always a good thing!'

#### What's the best way to introduce print into the home?

'If you have a minimalist, contemporary bedroom, you could have a bold pattern on the bedlinen to bring a fun element. For people who are not as brave, choose a bold print or colour for your cushions or lampshades.'

The L'Orla capsule collection - a collaboration from Orla Kiely and Leith Clark - is available from the end of October. Prices start at £99 (orlakiely.com/uk)

## Serial addict

HOT AMERICAN PODCAST SERIAL IS BACK WITH A BRAND-NEW SERIES THIS MONTH. IF (LIKE US) YOU'LL GET THROUGH THAT IN A WEEK, HERE ARE THREE MORE TO GET INTO

#### MORTIFIED

Adults reveal their embarrassing real-life stories to an audience of total strangers. You will feel the pain

- and laugh, a lot.

Exploring the weirdest and most wonderful stories, from a woman who feels no fear to a blind man who learns to 'see' again.

IKNOW,

RIGHT?



#### NOT ALL WOMEN

An exploration of womanhood in the 21st century, featuring truly badass women from all walks of life. All podcasts are available to download from iTunes





In France, we're not supposed to stand out too much. Wanting to show off is suspect.



non!

#### SHE SAYS 'NO' TO WHAT DOESN'T FLATTER HER

The secret is to know your own imperfections. Don't hide them or try to change them - learn to make something interesting out of them.

SHE SHUNS TRENDS Trends are fun to read about in magazines on a Sunday morning, and shopping is a perfect time to catch up with friends, but that's about where it ends.

non!

#### SHE BOYCOTTS SWEATPANTS

 $You'll \, rarely \, see \, a \, French \, woman \, in \, her \, gym \, clothes,$  $unless\,she\,is\,actually\,at\,the\,gym.\,Which\,is\,rare, because$ she also likes to say 'no' to going to the gym. But that's another subject for another day...

Love x Style x Life by Garance Doré (£16.99, Simon & Schuster) is out 27 October

### FRANCE'S ANSWER TO

### WHISTLES IS HERE!

Our friends across la Manche have been shopping in their droves from Sézane - the biggest online-only store in France - since 2013, and now it's our turn. We caught up with founder Morgane Sezalory to find out what essentials we need to stock up on this season.



#### THE 'JOHNSON' COAT

 ${\it `lt's so feminine and elegant, and}\\$ Hove the camel colour. I'm not going to take it off from October to March!'

#### THE 'CLAUDE' BAG

 ${}^\prime Id rewin spir at ion from Turk is hand$ Argentinian leather pouches. I like the fact that it's a little boyish, not too sophisticated and easy to wear.'

#### THE 'MARCEAU' SWEATER 'This is based on a classic mariner style, but with a modern twist. I'll wear mine with a pair of fitted jeans

for an easy everyday look.'

#### WHY WE LOVE SÉZANE...

1. It's exclusively digital, which keeps the price range between £35 and £200. 2. The classic, pared-back aesthetic is typically Parisian. What's not to love about that? 3. Surplus materials are sourced from top fashion houses to produce the limited-edition pieces, making them incredibly luxurious.

Sézane launches in the UK on 12 October (sezane.com)





...the dreamy folk pop of Bordeaux-born singer Soko



...sugary Gallic treats with macaron god Pierre Hermé's new book,

#### Macaron



...series two of creepy drama The Returned on Channel 4



...luxurious gems in Cartier's new coffee table tome Panthère (£120, Assouline)







CHANNEL 4'S GENIUS COMEDY, CATASTROPHE, ABOUT TWO STRANGERS WHO CONCEIVE A BABY ON A 'THREE-NIGHT STAND' RETURNS THIS MONTH. SO WHO BETTER TO GIVE US SOME SAGE DATING ADVICE THAN ITS STARS, SHARON HORGAN AND ROB DELANEY?





'It depends what city you're in. In New York, that means, "Yes you're definitely going to be one of my many girlfriends." In London, that means, "I'm never going to see you ever again"."

'I went on a date and the guy kissed me on the cheek and said, "See you soon" at the end of it. What does this mean?'

'I think there's a definite possibility of a brush-off there. If he doesn't want to see a girl again, he should just be clear and push her in the river.'

'Maybe the guy is disorganised and hasn't got round to deleting it. This could just be bad admin.'

'I spotted my friend's boyfriend of two months is still on Tinder. Do I tell her?'

'Two months is not enough time to say you've been in a relationship. If you saw your friend's HUSBAND on there, then I'd say definitely, like, shut your hole. But do her a favour and pull the plug on it.'

'There's an outside chance he's playing it cool. Or he's dropped his phone in the river, but my advice is to mull the issue over aggressively and manically for a period of three to six months.'

'The guy I'm seeing read the What's App I sent him three days ago and still hasn't replied. What do I do?

'Hold him in the same esteem you'd hold a bag of rotten onions. He's got to go



'I think it's exciting. If you don't look like an odd type, then go for it - make someone's day! But if you have very

strong body odour, stay online.'

'Is asking people out on public transport weird?'

'Back in the Copper Age, when I was dating, any time I asked a stranger out, it never worked. Well, sometimes it did. But then we would go out and it would be terrible.'

'Follow him around the office and, whenever he turns round, pretend to be doing something else. It's a fun game and if he's got a good sense of humour, then he'll really enjoy it.'

'I want the guy in my office to know I fancy him. Any creative ideas?'

'Hold eye contact for more than a nanosecond and he's going to be like 'check MATE'. You don't need to be creative. You could always compliment his beard. Or the fact that he doesn't have one.'

'I'd say frottage. Or a kiss on the cheek. A kiss is tricky, though, because some people do it European style; some people don't. You're setting your date off in the most awkward fashion possible.'

'What is the safest way to greet a blind date?

HI BABE



'Kiss on the cheek. Or press your backsides together, like a fox.'

'Excuse yourself and go to the bathroom, climb out of the tiny window, then call three to five hours later to make an excuse.



How do I get out of a date that's going disastrously?'

'If it's a food date, get the meal you need inside you and then split. If the appetiser is enough, bail after that. If you need the chicken, then wait. Remember to leave some food behind to be polite to your date.'







• 1 GREY MARL SWEATSHIRT • IRON AND IRONING BOARD (OR TOWEL ON A FLAT SURFACE) • CLEAN TEA TOWEL
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MAKE SURE YOU READ THE MANUFACTURER'S INSTRUCTIONS BEFORE USE) • SCISSORS • PENCIL • THIN CARD





The Doctor Who star on red-carpet style, super-fans and why fashion should be funny

he Lancashire-born actress bagged her first TV role in Emmerdale, before turning her hand to everything from period dramas (Death Comes To Pemberley) to Hollywood hits (Captain America: The First Avenger). But it's her role as Clara Oswald in Doctor Who that really catapulted her to fame. On-screen as Clara, you'll find her in ditsy-print tea dresses and biker boots, but off-screen she's more about Current/Elliott dungarees and Converse.

'GROWING UP, MY GRANDMA lived ten doors away, so I used to nip to her house and play dress-up. She is very glamorous, so her wardrobe has lots of chunky necklaces and dresses in bright patterns.'

'AS A CHILD, I HAD A crushed-velvet green dress that I used to wear to birthday parties. I'd still wear it now if it fitted!'

'WHEN I WAS TEN YEARS OLD, I got my first acting job - it paid £30 a week. My mum took me to Tammy Girl and I bought a pair

of silver flares. It was the first time I was able to buy something with my own money.'

'I WAS IN NEW YORK WHEN I found out I had won the role of Clara in *Doctor Who*. I stumbled upon the accessory designer Wendy Nichol's workshop, so I bought a black leather bucket bag to celebrate.'

'WHEN I'M FILMING, I have to get up really early, so I live in Current/Elliott dungarees, with Bella Freud or Acne jumpers and Converse or Timberland.'

#### 'MY STYLIST REBECCA CORBIN MURRAY

pushes me outside of my comfort zone on the red carpet. She makes me try on things that I wouldn't normally pick up, which is good. You have to find something that's right for the occasion, but you still want to feel like you. That's the tricky bit.'

#### 'FOR THE DOCTOR WHO WORLD TOUR,

I needed 22 outfits. It was the first time I'd met Rebecca and we only had two hours to plan it all. She turned up at my house and it looked as if she was moving in. We mixed a lot of Dior and Victoria Beckham pieces with vintage Biba and Ossie Clark dresses.'

'THE TOUR WAS A MAD ADVENTURE. The

fans are incredible. They will screen-grab a photo of Clara and find out exactly what she's wearing or find something similar on eBay. I've met so many in costumes that are exactly right from head to toe.'

'I'VE HAD LOADS OF INPUT ON Clara's style. It's quite English rose meets sci-fi girl. She looks pretty, but underneath she's a total action hero who can kick ass.'

'I FELT LIKE A MERMAID IN the Burberry dress that I wore to the Bafta tea party in LA. In the evening I carried an Anya Hindmarch clutch bag that looked like a custard cream. I found it hilarious - it tickled me all night. I think humour is really important in fashion.'

'I'VE BEEN LIVING OUT OF three suitcases since last year as my wardrobe is in storage. It's forcing me to be more creative.'









Summer nights may be long gone, but this hasn't stopped our love for Folli Follie's Santorini Flower collection. Inspired by the Greek island, the collection includes jewellery, bags and these beautiful watches. Watches, from £400 each, Folli Follie (follifollie.co.uk)

#### With winter florals and Victoriana

blouses, Lulu Kennedy's second  $collection for M\&S\, ticks\, off\, the$ season's key trends. Boots, £79, Marks & Spencer (marksandspencer.com)



#### WILL BROOME X H! BY **HENRY HOLLAND**

Our resident columnist and fab Brit designer Henry Holland has collaborated with illustrator Will Broome to create a fun and quirky collection of bags and purses. Bags, from £15, Debenhams (debenhams.com)



You live in the UK and it's autumn... definitely time to invest in some waterproof footwear. Luckily for us, Aigle have covered our favourite 'Miss Juliette' boot in a gorgeous paisley print to help keep us chic in the rain. Boots, from £85, Aigle (aigle.com)

#### HOME COMFORTS

Grey is one of those colours that suits pretty much everyone. This month Timberland launched 'Black Forest', a head-to-toe capsule collection in grey hues. We can't wait to snuggle up in this chunky sweater. Sweater, £95, Timberland (timberlandonline.co.uk)

#### **FASHION** CUPBOARD CONFIDENTIAL

NICK SPENSLEY ON WHAT'S LANDED THIS MONTH

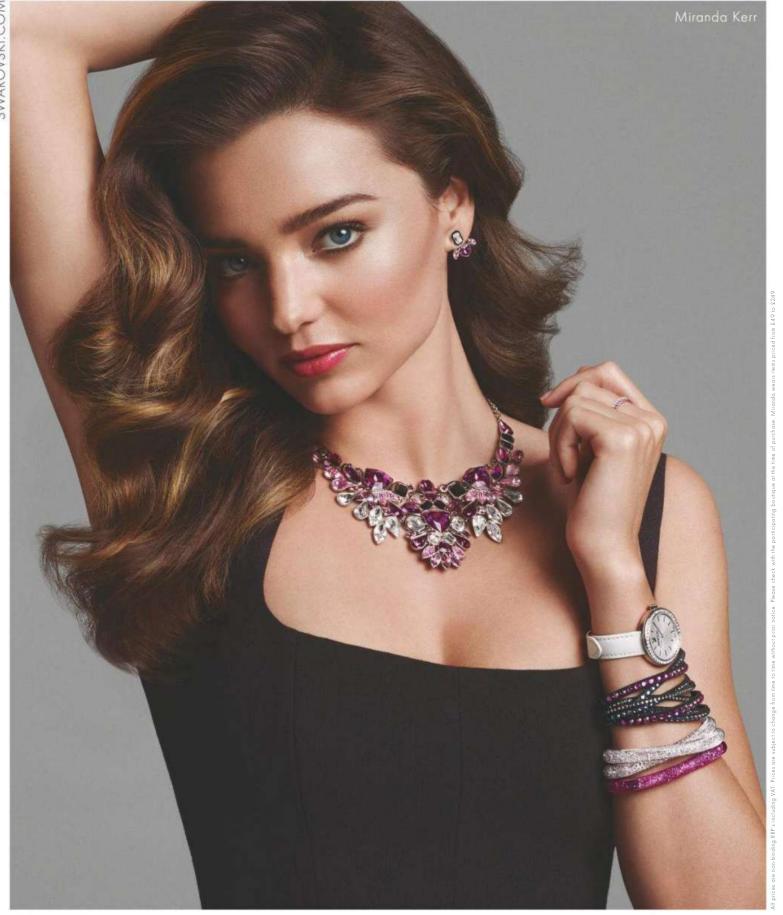
WHAT Wool coat, £255, Betty Barclay (bettybarclay.com) **WE LOVE** The oversized style.



WHAT Kitten heels, £45, Schuh (schuh.co.uk) **WE LOVE** The acid yellow colour. WHAT Skirt, £65, Pepperberry (pepperberry.com)

**WE LOVE** The dazzling





Collection from £49



what's NOW

Never do today what you can put off until tomorrow...

the sofa and start scrolling through

Instagram again. The mostly looking for the wedding spreadsheet Charles has set up and see that he has ordered the chairs.

VICTORIA MOSS

t's one of those days where the rain is falling in thick, endless sheets, as if someone's taken a sword to the clouds in the sky. It doesn't feel like it will ever stop. Bored, I get up, open the door to the balcony and spend 30 seconds filming an Instagram video of the rain dropping insistently onto the railings. I give it a black and white filter and click upload. It feels like the right thing to do. I check back a few minutes later and see that it has enjoyed moderate success.

I am indulging in what Charles, my boyfriend, refers to as a Smash Hits Poll Winners Party moment, and listening to the greatest hits of Destiny's Child. I spend a while researching the original line-up, before rechecking my Instagram post. Two more likes. Someone else has posted an array of opened-up black umbrellas lying across the floor of their office drying out. Quite good, I think.

I stare out at the rain whilst humming along to No, No, No (the remix) and wonder whatever happened to Wyclef Jean. I get up and stroll absentmindedly into the bedroom where I pull off my jeans and replace them with tracksuit bottoms. I leave the jeans splayed on the bed, and go over to my dressing table where I tidy a few stray bits of make-up away and examine my face closely in the mirror. I run my finger across my scruffy eyebrows and make a mental note to try and remember to get them threaded. I am tense, because I know my threading lady will tell me off for not coming sooner. I spray some overpriced water in a can over my face, and put on some hand cream.

I grab my phone and go and curl up on

Instagram again. I'm mostly looking for more Japanese pet owners to add. They're my new obsession. I'm trying to curate a more diverse feed. An errant 'fashion influencer' pops up and I unfollow her. My new rule is that I am unfollowing all posters/poseurs without purpose. I have no interest in a well-angled, flatteringly lit, carefully styled outfit picture. One day, after getting irrationally annoyed by a woman looking overly excited by her new white jeans and striped poncho combination, I realised that it wasn't them, it was me. I don't care what these women are wearing. I unfollowed her and found some astronauts to look at instead. I'm also really into several junk-food accounts (reassuringly avocado-free).

I get up and go and stare inside the fridge. There are two packets of tomatoes

the wedding spreadsheet Charles has set up and see that he has ordered the chairs and updated accordingly in the 'action' column. I start a mental list of all the things I could have spent £300 on that aren't hired wooden chairs for 90 people. Like an Isabel Marant skirt, or a pair of pointed flats from Nicholas Kirkwood. I wonder if it isn't so unreasonable to ask people to stand up for what, half an hour? If that, I think.

I start googling fairy lights and remember that I'd already bookmarked one site. I scroll through the options and click off, deciding I am not quite yet at the point when I can commit to a choice. I get up and have a rummage in the kitchen cupboard full of miscellaneous items, such as Oxo cubes and those brightly coloured plastic freezer bag clips you can buy in Ikea. I find a bag of almonds. I take a

## 'I start a mental list of all the things I could have spent £300 on that aren't hired wooden chairs for 90 people'

past their sell-by date and a questionable-looking piece of cheese. I take some orange juice out and close the door. I pour a glass of half juice and half water, then go and sit back at the kitchen table. I decide I'd like some ice, so get back up and pull the ice cube tray out of the freezer. It's empty. I refill it and go and sit back down. I log on to

handful and go back to the table. I suddenly remember that my

orange Carven top needs dry cleaning, so I get up and pull it off the rail and put it in the dry-cleaning bag by the front door, in the hope that one day it'll make it to the dry cleaners. I go back and sit down, open a brand-new Word document and think that really, really, I should stop procrastinating and write my column now.

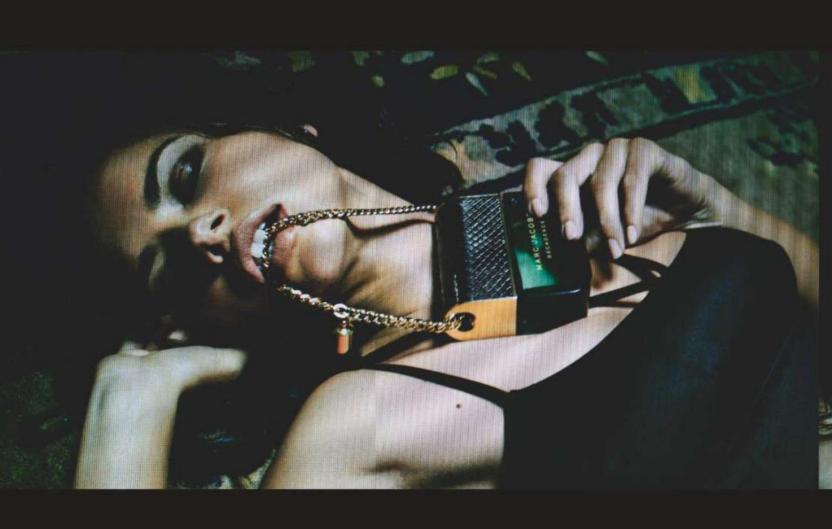


## Russell&Bromley

LONDON



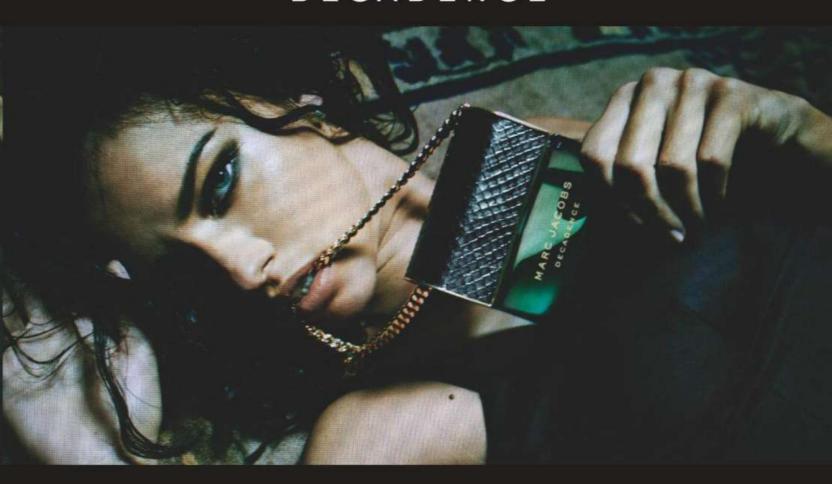
The Highland thigh boot by Stuart Weitzman www.russellandbromley.co.uk

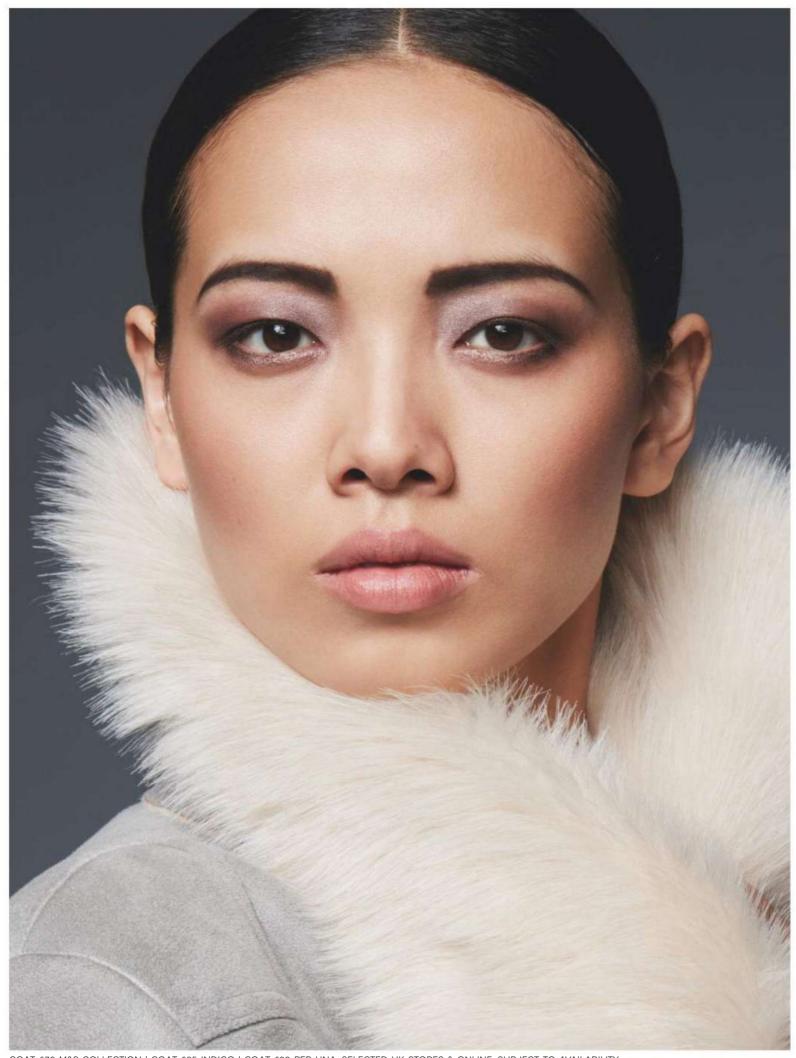






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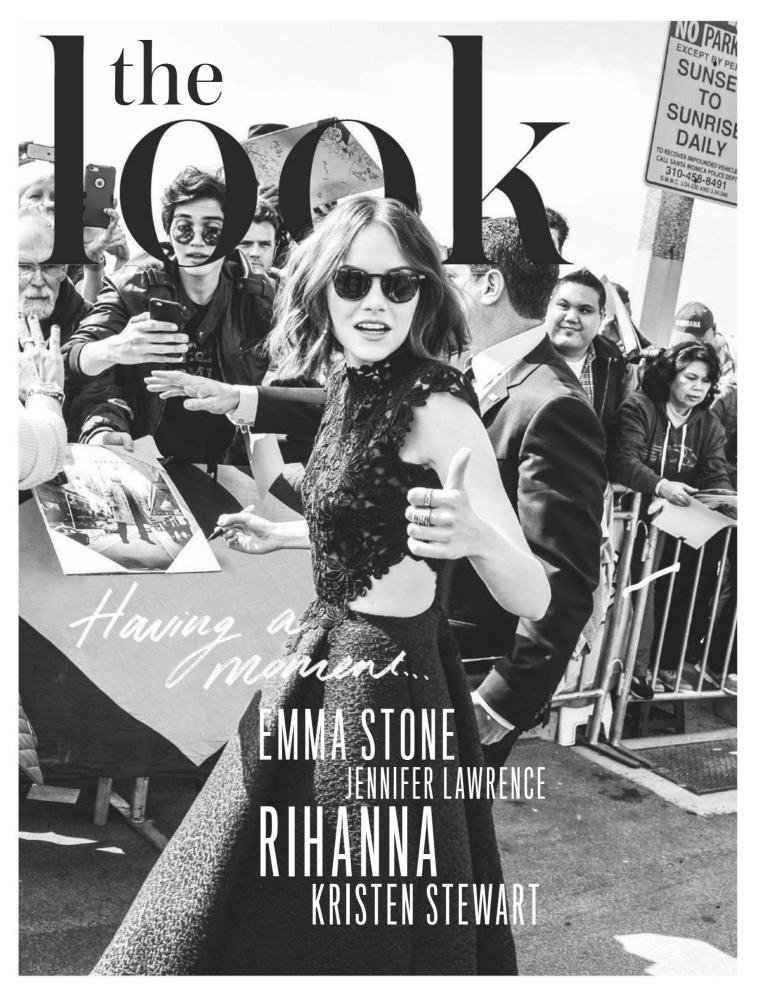
join us











This month, we're celebrating the four women who we think have hit a particular sartorial high point this year. Always cool and never obvious, each star brings a bit of her own personality to every outfit and – most importantly – looks totally comfortable in her own skin.

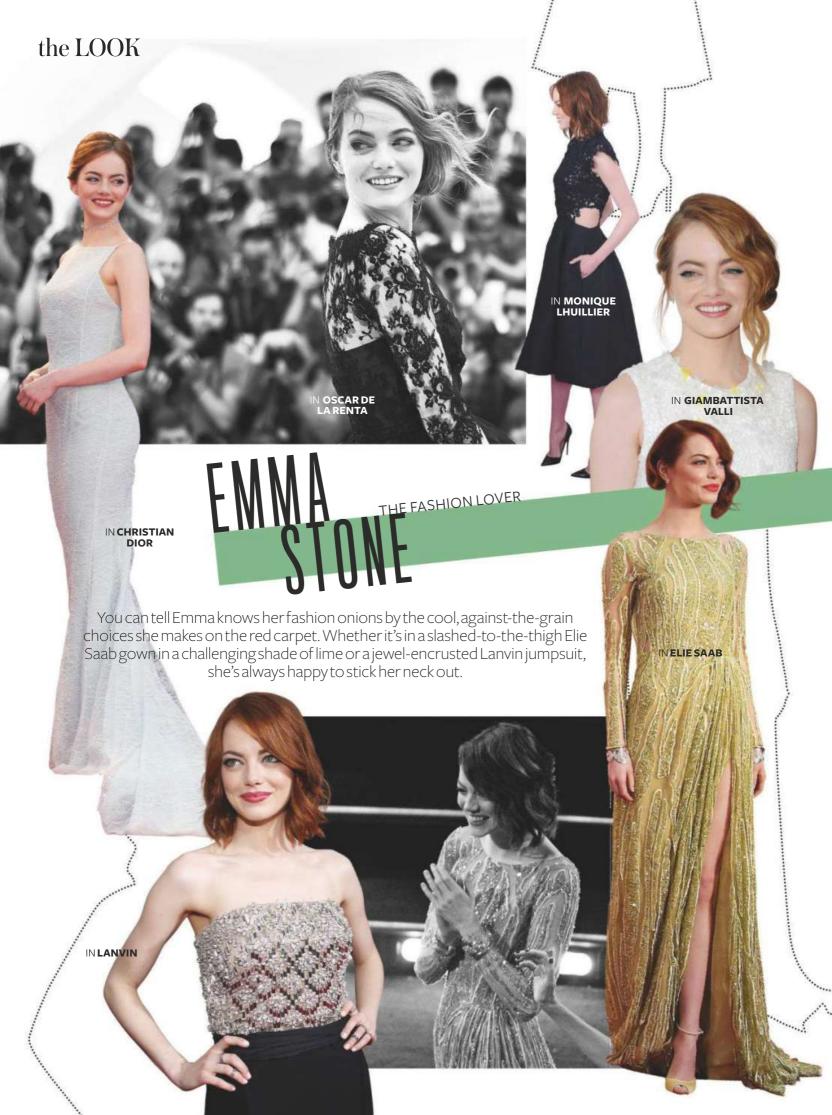


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# JIMMY CHOO



THE ORIGINAL FRAGRANCE



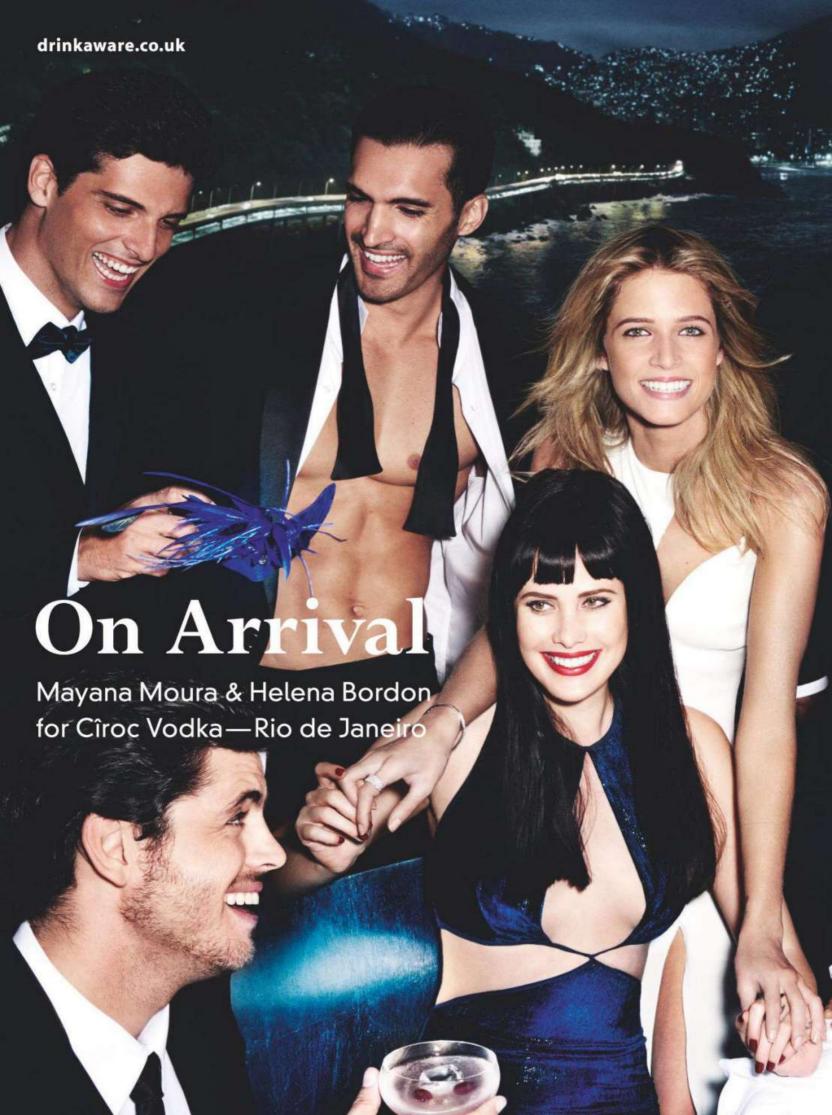


## **Amazon Fashion**

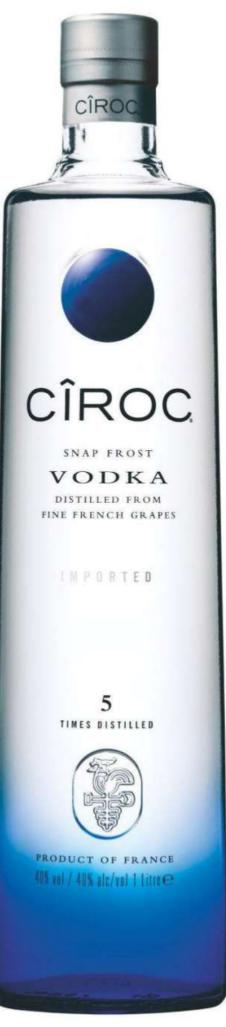
Clothes | Shoes | Bags | Accessories | Jewellery | Watches amazon.co.uk/fashion















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#### your LOOK



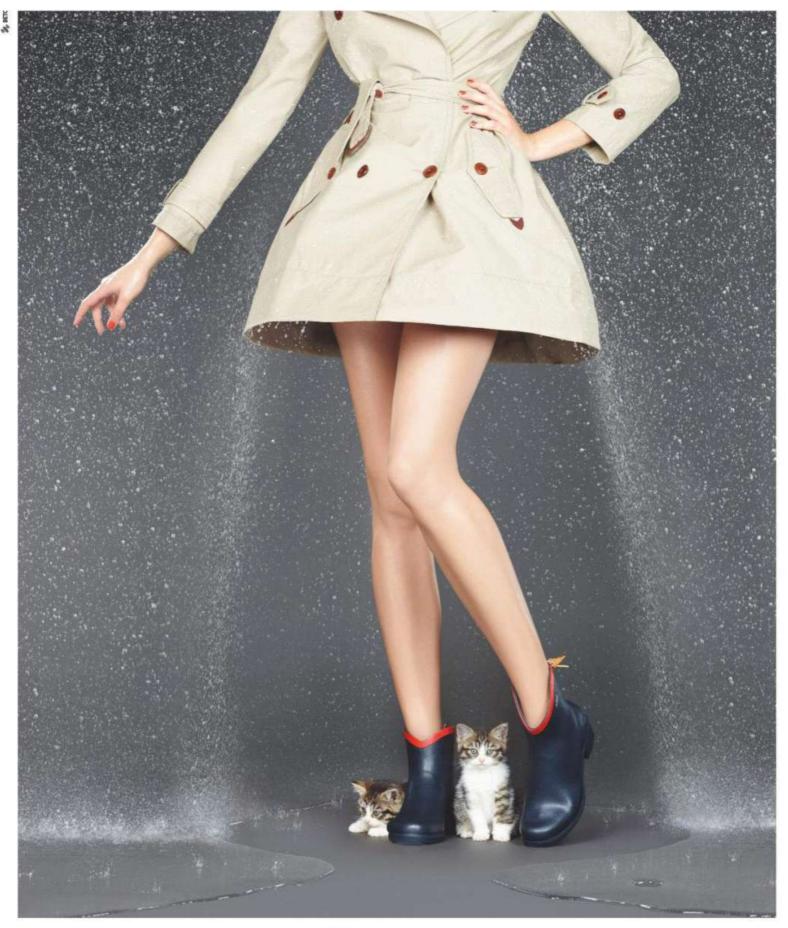
### ISSEY MIYAKE L'EAU D'ISSEY



## ANATOMY OF A LOOK

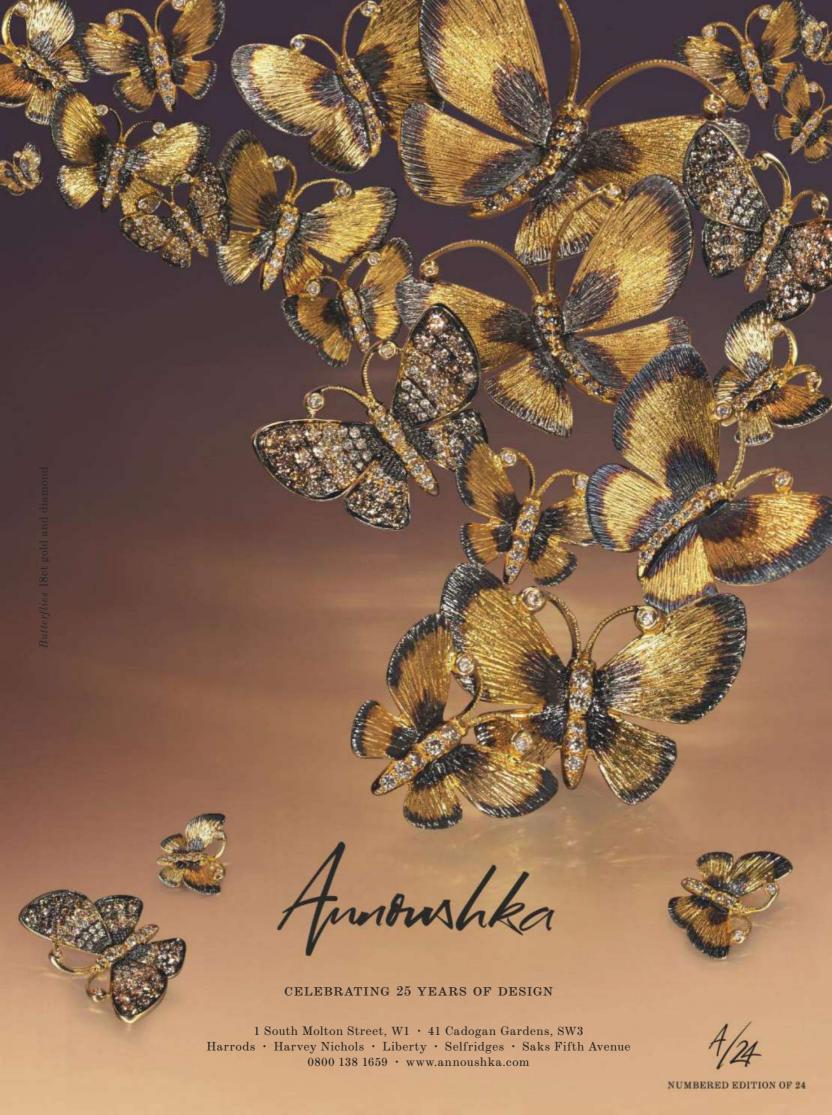
We've gone a bit *Almost Famous* with this season's 70s staples: cosy knitwear, a mini-skirt, over-the-knee boots and a cross-body bag







PARIS . LONDON . TOKYO . NATURE



## #ASK HENRY

Got a burning fashion question? Our columnist Henry Holland comes to the rescue with some spot-on style advice. Trust him – he's a professional

( ) I got totally addicted to culottes over the summer, but now it's cold, I don't know how to wear them. Tights? Socks? What's the answer? ZOE, READING

Wear them with either an ankle or knee boot for that full Abba Wins Eurovision silhouette! But beware of height issues (see Emily's question). I love culottes, so why not keep the obsession fed with a wool or denim pair? See my latest resort collection. (Shameless plug.)





Sorry to say it, but not all trends can work for everyone. There is a distinct chance that if you try this, you'll look like one of the Waltons or the middle child who's been forced to wear some outgrown hand-medowns. My suggestion is this: just pick one or the other and stick with that. A cropped flare and a sandal might work or an ankle boot and a mini skirt.

**SHOES** 

£55, River Island

(riverisland.com)

TROUSERS £45, Topshop (topshop.com)

boots – I know it's a hot



( ) Now the weather is cooler, I'm thinking about hats. How can I update my beanie for the new season? ISABELLA, DUDLEY

There is nothing like a great chunky beanie. Charlotte Simone has done a brilliant felt/beanie hybrid that looks absolutely amazing and also



SKIRT £39.99, Zara (zara.com)

Taylor Swift shows how to rock a mini

nd ankle boot

CHRISTOPHER RAEBURN

Strappy heels will elongate the leg

STYLING BY EMMA HARGADON. PHOTOGRAPHS BY JASON LLOYD-EVANS, REX FEATURES

**CULOTTES** 

£119, Gestuz

(flannels.

com)



### INSTANT STYLE

## Clashing prints Create your own mash-up of geometrics, florals,

checks and stripes. The rules are... there are no rules



**SUNGLASSES** 

#### The GRAPHICS: 1

WHY IT WORKS Even though they're in different colours, the squared-off graphic prints are similar enough to work together. **TIP** Add block-colour shoes – love the green heel on these boots.



The GRAPHICS: 2

WHY IT WORKS Leopard-print shoes go with pretty much any other pattern – that includes florals and stripes as well as graphics. **TIP** The mix of monochromes keeps it chic.

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**TIP** Matching prints, different colours: a no-brainer.



WHY IT WORKS A statement coat will make you feel a million dollars, particularly with sassy shoes.

TIP Don't stop with the tartans - mix in a stripe.

#### your LOOK



WHY IT WORKS Combining the jacket's rich embroidery with warm, earthy colours feels super luxe. **TIP** Add geometric colour-block accessories for contrast.



#### The FLORALS: 2

 $\textbf{WHY IT WORKS} \ \text{When mixing up your florals, pair a large-scale}$ print with a smaller one in similar shades. TIP Dungarees aren't just for kids, but keep accessories grown-up.



#### VAGABOND

SHOEMAKERS

LONDON BERLIN STOCKHOLM PARIS COPENHAGEN MOSCOW MILAN

#### your LOOK

















ERNEST JONES











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# HIGH-STREET HERO

Inspired by 70s flower power and girls wandering through fields of wild flowers with braids in their hair, this pretty little number is our dress of the season. It's perfect for those late hits of autumn sunshine. And when the temperature drops? A chunky sweater will give it a chic update.

# Experience a degree of darkness...







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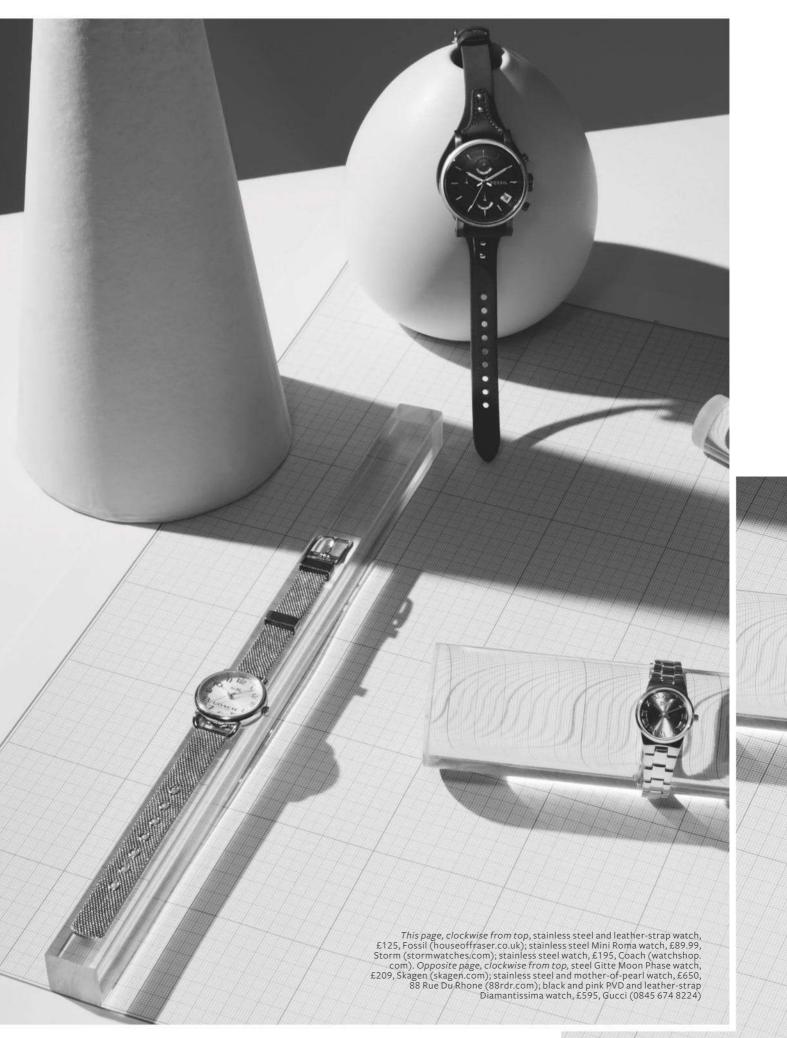




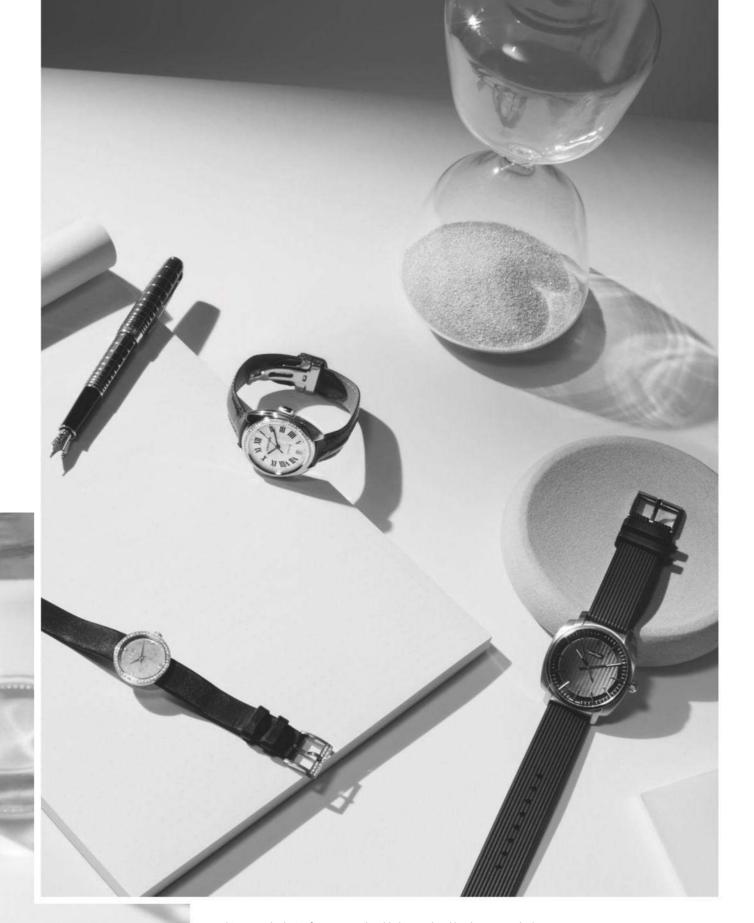
1. EARRINGS £86, Maria Black (maria-black.com) 2. RINGS £60 for set of five, Isabel Marant (net-a-porter.com) 3. EAR CUFFS £135, Eddie Borgo (eddieborgo.com) 4. FINGER BRACELET £75, Chan Luu (net-a-porter.com) 5. RINGS £84 each, Gemporia (gemporia.com) 6. RINGS from £55 each, Pandora (pandora.net) 7. NECKLACE £59, Swarovski (swarovski.com) 8. RING £49, Astrid & Miyu (astridandmiyu.com) 9. EARRINGS £89, Thomas Sabo (thomassabo.com) 10. BANGLE £99, Sif Jakobs (sifjakobs.com)

# All-time All-time Dial down the bling with a super-sleek classic

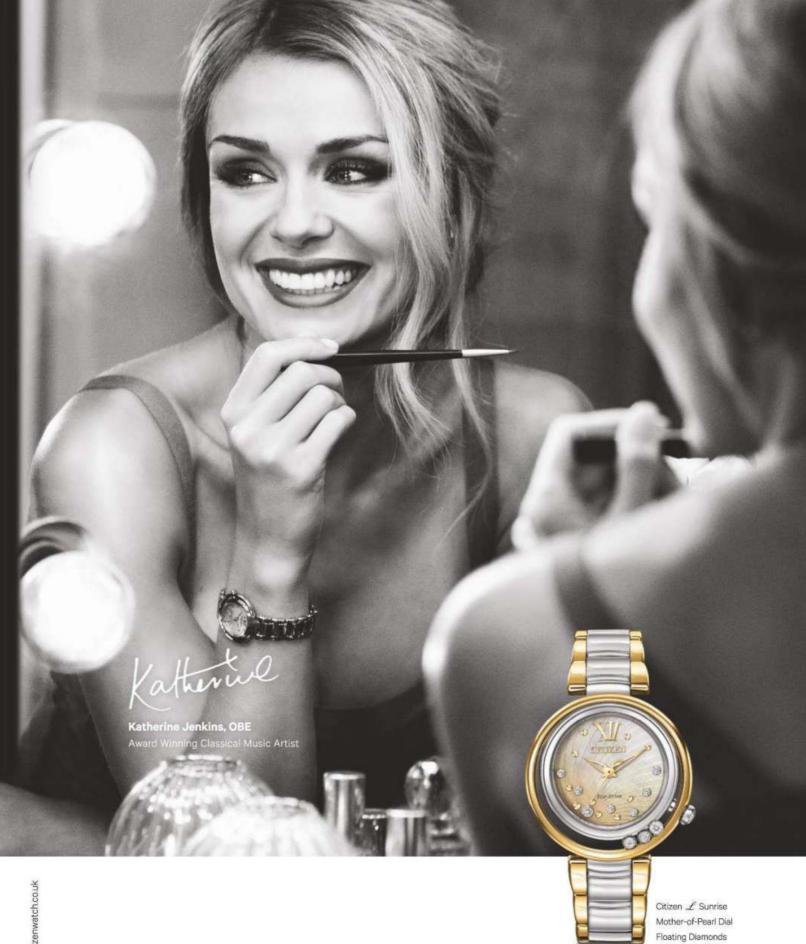








This page, clockwise from top, pink gold, diamond and leather-strap Cle de Cartier watch, £21,900, Cartier (cartier.co.uk); stainless steel and siliconestrap Highline watch, £175, Calvin Klein (0845 274 4222); 18ct white-gold, jade, diamond and satin-strap La Mini D de Dior watch, £16,800, Dior (dior. com). Opposite page, clockwise from top, stainless steel and mother-of-pearl watch, £229, Citizen (citizenwatch.co.uk); 18ct white-gold, diamond and alligator-strap Boy.Friend watch, £18,000, Chanel (020 7499 0005); stainless steel and leather-strap watch, £595, Raymond Weil (raymond-weil.com); stainless steel and leather-strap watch, £65, Anne Klein (amazon.co.uk)









HANNAH ROCHELL

No, you can't land that dream job purely on the contents of your wardrobe, but knowing that you are well put together can give you the confidence to go forth and conquer

# GET READY BEFORE YOU COME TO WORK

This might seem glaringly obvious, but no one wants to sit next to the girl who uses her desk like a Boots make-up counter. And your boss definitely won't see your 15 minutes of Kardashian contouring as effective time management.

#### 2

#### AVOID WEARING ANYTHING THAT COULD BE PREFIXED WITH THE WORD 'TOO'

Too tight, too short, too bright, too much perfume... you want to stand out, but for your professional skills as well as your sartorial choices. Certainly not for that Shakespeare slogan tee you wear that says, 'I Love My Willy' (our fashion features editor has a real life experience of this).

### 3

# REALLY CONSIDER YOUR SHOES

Are those thigh-high boots appropriate for the office? Will a pair of six-inch heels actually be able to get you from one meeting to the other in time? We're not saying you should wear trainers, but practicality is important. Plus it's easier to concentrate when your feet don't hurt, so go for a lower-block heel or a flat.

# DON'T LOSE YOUR PERSONALITY

Just because you need to be well groomed doesn't mean you need to look like an office robot. Don't be scared of colour and print; even the strictest dress codes are unlikely to send you to HR because you wore yellow instead of navy pinstripes.



#### 5 DON'T DROP YOUR STANDARDS

Even if you have a casual dress code that seems to involve no dress code whatsoever, don't dress like you're a teenager who doesn't know how to use the washing machine or the iron and whose mum went on holiday. T-shirts with stains, creased blouses and tatty ballet pumps that have worn right through to the toe are no way to express that you have eyes on the MD's job.

### 6

# NEVER UNDERESTIMATE THE POWER OF TAILORING

Throw a blazer over anything and you instantly look more professional, no matter what you've got on underneath. Tailoring can also make you feel more professional – we're currently really into power trousers (but worn with Adidas Stan Smiths).

### 7

# WE KNOW YOU'RE AMBITIOUS AND EVERYTHING

...but never dress exactly like your boss. You want them to see you're keen for a promotion, not that you think you can do their job better and want their office for your own. Besides, it's creepy.

### 8

## THE OLD RULES ARE STILL THE BEST

OK, it's not 1967, but some points still apply. Fitted, not tight (save the bodycon for the weekend). Hemlines should be no more than one biro above the knee (face it, you've never seen your boss in a miniskirt); nothing too low-cut, and definitely no side boobs (that last one is a new rule but we've witnessed it recently!).









[THE EDIT]
INDULGENCE REDEFINED













Thispage **SWEATER** 

**SHOES** 

**BLAZER** 

Www. your LOOK



**WAISTCOAT** £160, Karen Millen (karenmillen.com)

**SWEATER** 

This page

£145, 360 Cashmere (02075808644)

**TROUSERS** 

£250,BOSS (hugoboss.com)

Earring, £9.99,Zara (zara.com)

Rings, as before

Opposite page

DRESS £523, Tibi (tibi.com)

**BOOTS** 

£320, Essentiel Antwerp (essentiel-antwerp. com)

Earrings, as before

Small bag,£240, Little Liffner for Filippa K (littleliffner.com)

Large bag, £1,399,BOSS (hugoboss.com)

THE WAISTCOAT

Prevent things from going too Annie Hall by layering your waistcoat over a taupe roll-neck







Thispage

#### SHIRT £261, Tibi (tibi.com)

**SKIRT** £320, Max Mara (matchesfashion. com)

Earring, as before

Rings, as before

Necklace,£250, Shaun Leane (shaunleane.com)

Bracelet,£295, Shaun Leane (shaunleane.com)

Opposite page

# **SWEATER** £80, Tommy Hilfiger (tommy.com)

#### **TROUSERS**

£135, Dagmar (houseofdagmar.se)

£440, Aquazzura (net-a-porter.com)

Earring, as before

Ring, lefthand, £1,250, Geoffrey's London for Talisman Gallery (0207201 8582); rings, right hand, as before

Bag,£400, Little Liffner by Filippa K (littleliffner.com)

# 12 ISSUES...

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# I'VE GOT A CONFESSION...

And you may think I'm crazy, but even though I spend weeks editing *InStyle*, poring over every heel and mascara, I *still* subscribe and get it delivered to my house every month. Maybe you think that's weird (I know my husband does) but there's something about getting that totally fresh mag right to my doorstep that gives me a buzz. And the other reason? Well, I'm greedy and there are so many awesome benefits when you subscribe to *InStyle* – like...

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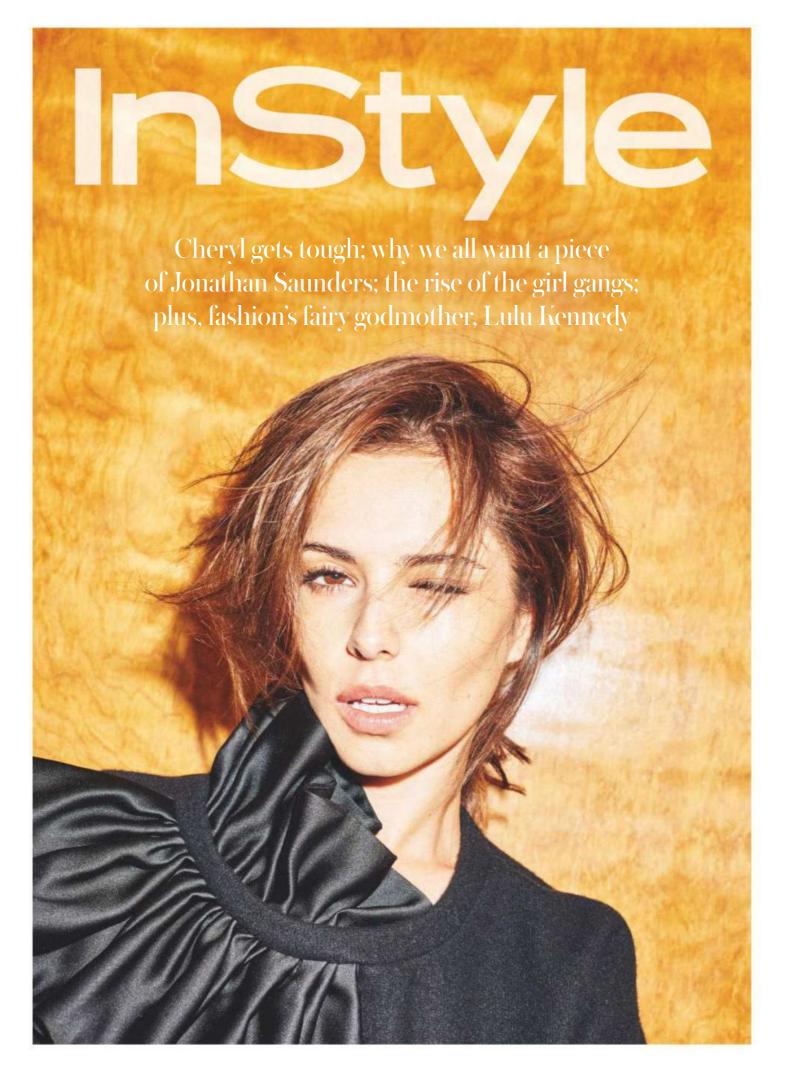
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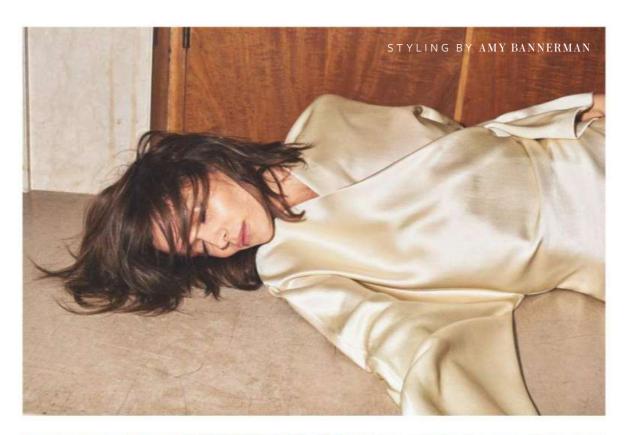
SHAY & BLUE











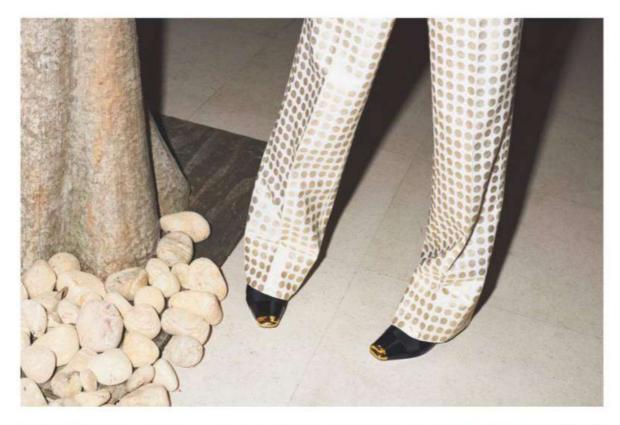


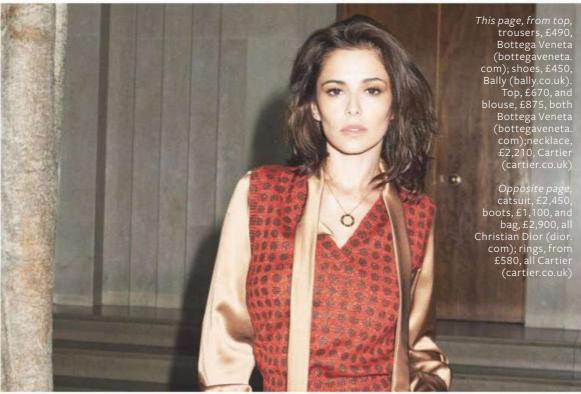






This page and opposite, jumpsuit, £1,195, Peter Pilotto (net-a-porter.com)













## I do a hideously

unprofessional thing when I first meet Cheryl Fernandez-Versini. I don't know whether it's been prompted by her soothing, agony-aunt-on-*This-Morning* accent, or her expressive, chihuahua-brown eyes, but somehow we start talking about my recent break-up. She's utterly rapt, tiny, manicured hands flying up to her mouth. 'How did it happen? What star sign are you? Cancer? Like me. There you go!' she says triumphantly. 'We're the most emotional zodiac sign and we find it hard to let go. We're sensitive and loyal. But you'll be fine, I can tell.' She shakes her head sympathetically. 'Are you doing that whole break-up smoking thing? I remember I did; I was on the hardcore Marlboros, me.'

She's slightly weary from the day's photo shoot, pulling abstractedly at a false eyelash and cocooned in a white robe that swamps her petite caramel limbs but she extends Duchess-of-Cambridge-opening-a-hospitalwing levels of politeness to everyone. Thanking the props person, 'It's been lovely meetin' you', and asking the fashion editor about her date, 'Good luck tonight!' This is the daily responsibility of someone who knows they are the permanently on-duty representative of an astonishingly high-profile brand. And one that's been carefully built up in less than a decade – a time span that's seen her trade crop tops for drape-backed Ralph & Russo couture at Cannes. 'Come on, look at yourself when you were 18! I'm a different person now,' she shrugs.

She's astonishingly delicate in person, like a *Borrowers*-sized, Italian femme fatale – all Dolce Vita eyes, killer cheekbones and sensual lips, bursting out of a teeny frame. She finds the speculation about her weight loss 'outrageous

142

– it's crazy double standards. You'd never be allowed to say to somebody, "Oh, you look a bit fat". And being overweight is unhealthy – it's actually a bad message to tell someone who is obese that they look "curvy" or "great".' She rolls her eyes in exasperation. 'But you know what? After this length of time, there's nothing I can hear about myself that I haven't already heard.'

She's not the first pretty young woman to launch a career from a TV talent contest. But she is one of the few who has amassed a £20 million fortune, six million Twitter followers and a close bond with Prince Harry ('Aw, I love Harry. We have a good friendship,' she beams).

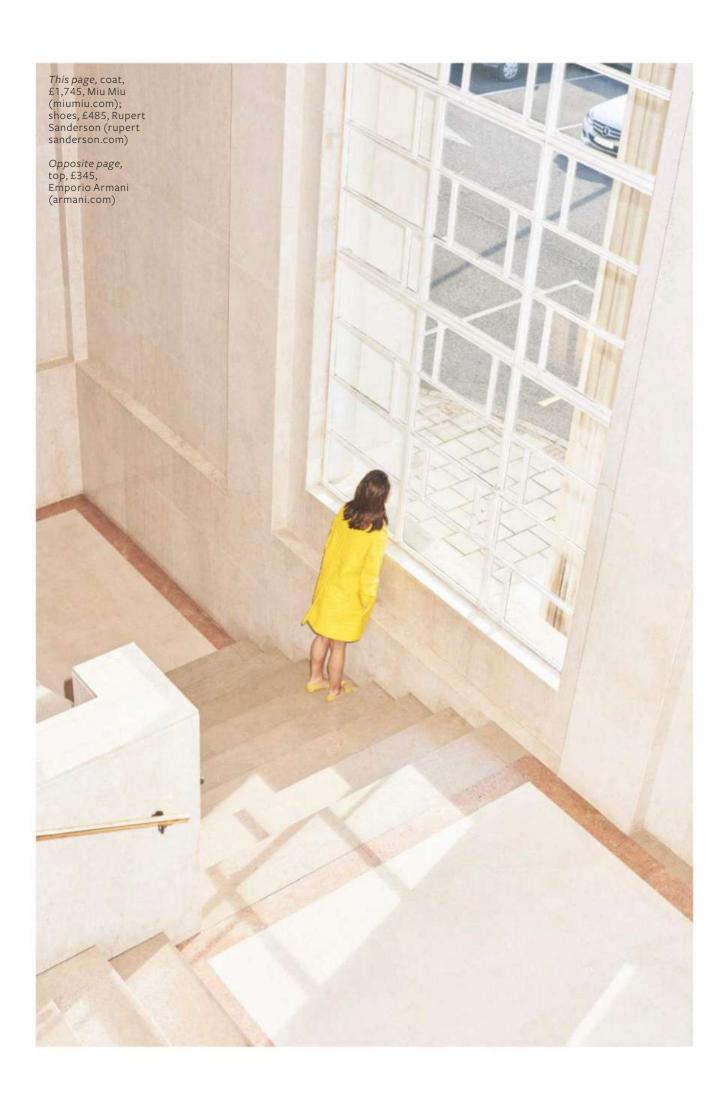
So, how did Cheryl Fernandez-Versini pull it off? Was it luck? Or steely determination? 'Me mother always says to anybody who will listen, "Cheryl knew what she wanted to be from the second she was born." But even her first appearance, aged 19 on *Pop Stars: The Rivals* singing a nervy rendition of an S Club 7 song, couldn't have foretold her transformation into one of the most scrutinised women in the country.

She certainly exuded an exotic separateness even when gyrating in a tutu with Girls Aloud. She was the classy brunette who women idolised and men, even David Cameron, lusted over. But she also had the gritty dignity of a girl from a council estate in Newcastle, which gave her the people's princess card.

She looks wary when I suggest that she was the alpha female of the band. 'Well, I was the gobby one, for sure. If anyone ever said anything bad about the girls, I was the one leaping to their defence,' she concedes. 'And it wasn't me who wanted to take a break from the band, remember. But in that break I didn't sit around; I'm very motivated and a doer.'

So, she promptly went out and nabbed herself a footballer husband, a hugely successful solo career (selling two million albums), a seat on *The X Factor*, and a lucrative sideline as the *Barbarella*-haired ambassador of L'Oréal Paris. She and Ashley Cole became a slightly more relatable Posh and Becks – the pop star and footballer dream for the noughties... until Ashley found himself at the centre of kiss-and-tell dramas. People were surprised when Cheryl initially stood by him. 'It's funny – those who didn't understand

TUNG WALSH



#### 'WHEN YOU'VE HAD A LOT OF SLAPS

#### IN THE FACE YOU GET TOUGHER'



my actions at the time have now had that happen to them and they get it. A friend of mine told me her husband was having an affair and she said, "I understand everything that must have been going through your head. But what I will never understand is how you had to face the world".' And Cheryl really did face the world, strapping on a dimpled smile to perform at the 2010 Brit Awards on the day the story broke. 'To be honest, I coped in public and crumbled in private,' she says. 'It's growth, it's life. They say a good sailor would never be a good sailor if he hadn't experienced a rough sea.'

Shortly afterwards she was unceremoniously dumped from *The X Factor (US)* by Simon Cowell but she got her own back with a birthday plane banner announcing his age, and 'a load of abusive text messages', she laughs.

'I never thought his decision was wrong; I just thought how he handled it was wrong. There's ways to do it, you know what I mean? You've got to face up to these things. We didn't speak for months and a lot of work had to be done – but I think it stems from Simon being a really soft-hearted person deep down. As ballsy as his decisions are, he finds it hard to say it to your face sometimes. But he knows he was in the wrong now.'

On top of this, there was even a life-threatening bout of malaria, which left her 24 hours away from death. It's quite a lot to pack into 32 years. But, in a strange way, all that tragedy just strengthened brand Cheryl. We like our idols to be fallible.

And this motherload of trauma made her seem like a character we were rooting for in a harrowing soap storyline. The become stronger for sure. I think that when you've had a lot of slaps in the face, you get tougher, she says. It makes you think, "Bring it on. What more can you do that I'm not prepared for?"

She likes aphorisms, does Cheryl. Her Instagram page is plastered with quotes like, 'What other people say about you is their reality not yours', as well as, 'Drive German, wear Italian, drink Scotch, kiss French'. The last is a playful nod to Jean-Bernard Fernandez-Versini, who may sound like a character from a Jackie Collins novel, but is actually the man she wed last year after a courtship of just a few months. He's been described as a restaurant owner and businessman - and he's hot, I tell her. 'J-B you mean? Thank you - it helps,' she smiles, then swiftly corrects herself. 'But it shouldn't matter - people can be shallow about stuff like that.' So what does she look for in a man? 'Integrity is a big thing for me.' Is she an easy person to be in a relationship with? 'Well, I think I'm low maintenance, but maybe I'm deluded. I know my environment isn't easy - my day gets planned out in advance all the time, so I'm like, "Oh, actually, change that. We can't meet tonight".' Is she good at resolving marital rows? 'Well, I'm not a sulker; I've learnt how to express my feelings in a calm way, even if I do want to shout. And if I shout? You know it's bad. But I save it for the big things - I never lose it over the toilet seat being left up.'

For someone who regularly features on *The Sunday Times* Rich List, she's curiously lacking in A-list grandeur. She waves away the offer of a private room to conduct the interview in, instead settling for the catering area and brings up the joys of end-of-day bra removal: 'I literally just pull it through my sleeves, isn't it the best?' She's also happy to discuss her views on going 'commando'. 'I would *never*!' she gasps. 'I would rather have VPL, are you crazy? One gust of wind and my life would be over. I would feel too exposed.' Casa Fernandez-Versini is a £4 million mansion in north London where, on an average day, she'll be 'in my fluffy Birkenstock slippers, J Brand jeans and Alexander Wang hoodie. I watch all crappy stuff on telly, like *Catfish* and I love romcoms – anything with Jennifer Aniston'.

She mentions her charity, Cheryl's Trust, set up to help young people – the first centre opened in Newcastle this year. 'People who don't get jobs face self-esteem issues. Where do you turn? I can't bear watching that in the area I was raised, but the dream is to have them all over the place.'

And then there's the *The X Factor*. 'I'm going to be tougher this year. 'I'm like a sponge and I'm too sensitive. It was making us ill with stress and worry. People think, "Oh, she's sitting there in a pretty dress," but I get so wrapped up in the arguments that the contestants are having. It affects me.' She loves Grimmy: 'He's a northerner, so we have exactly the same mentality' and was surprised at how well she bonded with Rita Ora. 'I thought she was going to be all laid-back and cool, but she's just funny and so eccentric.'

And now to the question I've been wanting to ask all day. Is there nothing she can do about Simon's clothes? 'I've tried, believe me,' she grimaces. 'But I think we've had our lot. It's flared jeans and a white or grey T-shirt. He's a creature of habit, is Simon, it's the same with his food – all the same childish things, like spaghetti hoops on toast and fish-finger sandwiches. He thinks spaghetti bolognese is exotic. He's very old fashioned.'

Cheryl's publicist signals it's time to wrap up. She's running late for a dinner with J-B, so she elegantly gets up and envelops me in a polite hug. I apologise for running over, and she looks momentarily baffled, 'Oh god, it's no problem. It's me life, isn't it?' she smiles. And I'd say she's making a pretty good job of it.  $\square$  cherylstrust.com



GEK EK CH

As *Downton Abbey* comes to an end, Laura Carmichael swaps the 1920s for a/w 2015. What would Lady Edith say?





This page, sweater, £305, Max Mara (maxmara.com); trousers, £595, Jonathan Saunders (avenue32.com); glasses, £295, Cutler and Gross (0207581 2250)

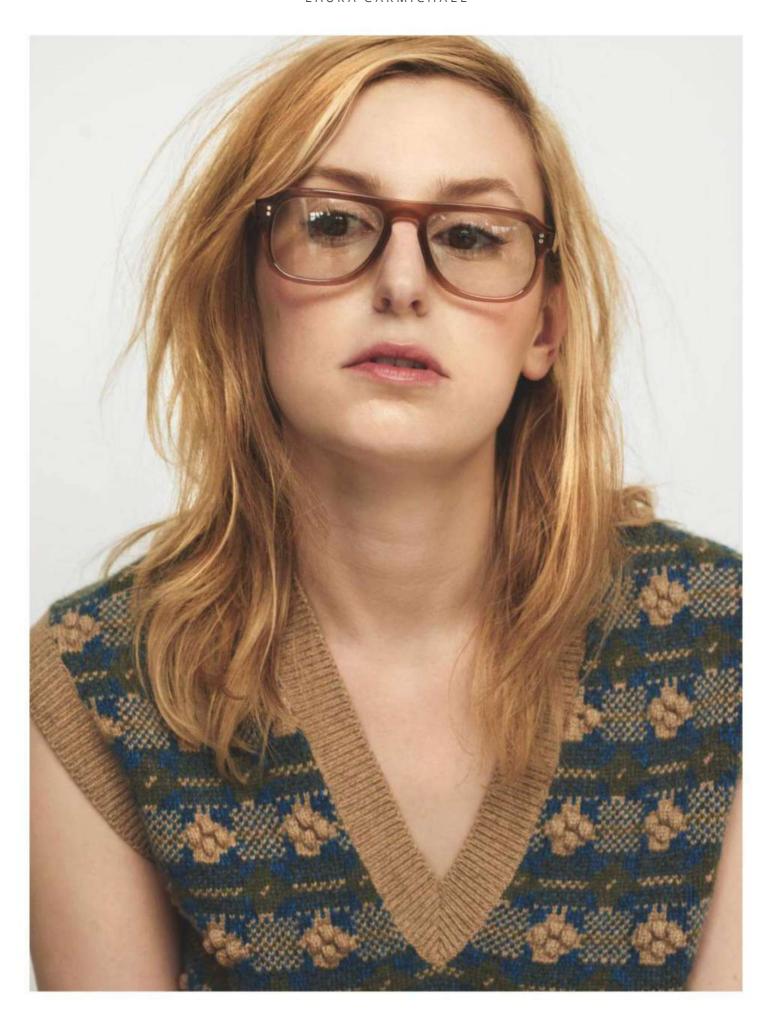
Opposite page, sweater,£170, Lacoste (lacoste. com); trousers,£315, Emporio Armani (armani.com); socks, £12, Pantherella (pantherella.com); shoes,£515, Miu Miu (miumiu.com)

LAURA COULSON









This page, sweater, £460, skirt, £635, shoes, £525, and bag, £2,070, all Miu Miu (miumiu.com); socks, £12, Pantherella (pantherella.com) Opposite page, top,£1,060, Chanel (chanel.com); glasses,£295,Cutler and Gross (020 7581 2250)



This page, blouse, £495, Jonathan Saunders (matchesfashion. com); trousers, £535, Fendi (fendi.com); bag, £1,800, Christian Dior (dior.com)

Opposite page, blouse,£275, Paul & Joe (paulandjoe. com); shorts,£180, Philosophy Di Lorenzo (0207235 2349); socks,£12, Pantherella (pantherella.com); shoes,£530, Marni (02072459520)

'My family always want to watch the *Downton* Christmas special with me. I tend to drink a lot of red wine'



# INTERVIEW BY CHLOE MAC DONNELL

'I've been crying for two months, I'm really emotional,' Laura Carmichael tells me. But, thankfully, a guy isn't to blame. Instead it's all about Downton Abbey. This December, six years after the first episode of the period drama catapulted Laura to fame as Lady Edith Crawley, the show comes to an end, leaving her and the rest of the cast feeling bereft. It could have been very different for the Hampshire-born actress, 29. Laura was just about to go on a year-long tour in Twelfth Night around the Middle East when she got the Downton call. Now, 51 episodes later, Laura talks corsets, being

friends with Christopher Kane and getting to keep the props...

#### What sparked your interest in acting?

'When I was 16 the posh all-boys school near mine needed girls for their plays. We properly all fell in love. It was ridiculous.'

### Do you remember when the call through to say you'd got the role of Edith?

'I was working part-time at a doctor's surgery. I was a terrible secretary as I was always running in and out of the kitchen to take calls about acting jobs. I couldn't believe it when they said I had the role. It felt like a really monumental step.'

#### Did you ever expect the show to get so big?

It was my first TV job so I would have been happy if just my mum had watched it. When people started going mad for it I remember Hugh Bonneville saying to me, 'Laura, they don't all go like this, this is quite a good first job you know.'

### Were you star-struck working with a huge actress like Shirley MacLaine?

"Totally. Our director spoke to us quietly and said, "Girls, can you look less in awe? She's meant to be your grandmother." We spent the week soaking up all her amazing gossip about hanging out with Elizabeth Taylor and Carrie Fisher.'

#### So what was it really like playing Edith?

T've always loved her. But there are moments when you have to take a breath from someone who is so unhappy all of the time and remember



it's pretend. She's catty and vulnerable but brave and resilient.' Her style changes a lot, too...

'In the first series we wore hobble skirts. They were tapered at the ankle so if you tried to walk anywhere quickly it was hilarious. Plus we had very flattening corsets. So when the 20s came about I felt free. I loved the workwear and the glitzy drop-waist dresses.'

#### Did you get to keep anything?

'On our final day the designers said I could keep a vintage purse. It's 100 years old with the most delicate beading. I'm going to treasure it forever.'

## What did you make of the geek-chic look on our shoot?

'It was really fun. I loved the

#### Does it differ from your usual look?

'I think *Downton* has made me scruffier. On set everything is perfect so when I'm not filming I wear baggy jeans and comfy jumpers.'

#### Tell us about being mates with designers Christopher Kane and Erdem...

'They're fans of the show, that's sort of how we met. They're cool. I think they're frustrated actors really. They know more about film than I do. Their references are always amazing.'

#### What's been a favourite red-carpet look?

'I once wore a blue, prom-shaped Erdem dress with a Swarovksi-crystal neckline. I felt really nice in it.'

#### Are you into beauty too?

'I'm getting more and more obsessed. I use a lot of Kiehl's products; their serums and oils are good if you need to rehydrate your skin. Le Labo body moisturisers smell amazing and I love Charlotte Tilbury's moisturiser.'

#### How do you keep fit?

'I do reformer Pilates and barre classes. I find it difficult to motivate myself to run but I could literally race to those classes because I love them so much.'

#### Are you a fan of eating clean?

'I do like a green juice but I love curry and junk food, too. I'm not going to miss the *Downton* catering, though. The temptation is too much.'

#### So is a move to LA on the cards?

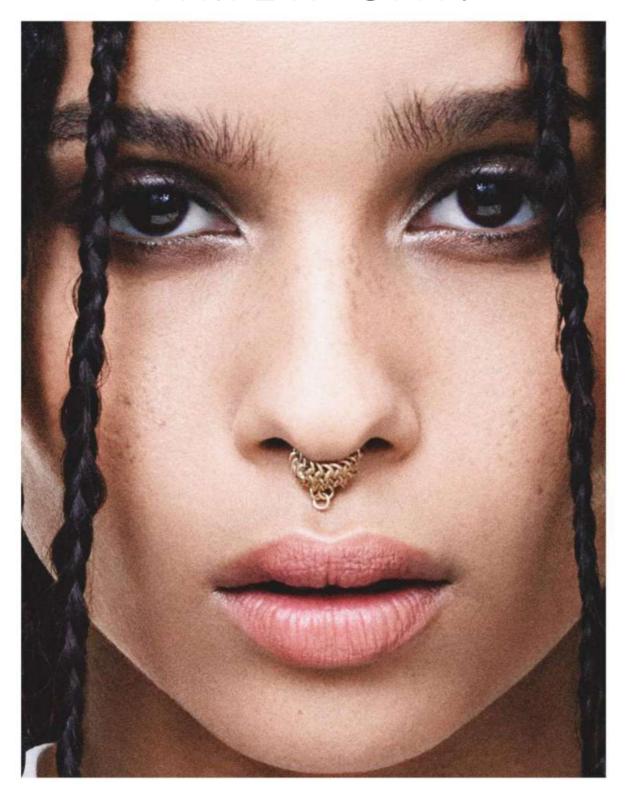
'I've been and it's really nice, but I think technology has really changed the way we work. With Skype meetings and flying over for screen tests, I don't think you have to move to America any more. I don't know what's next. It just depends on what scripts I like. I'd definitely love to do more theatre, too.'

#### Will your family be watching the *Downton* Christmas special this year?

'Yes, they always want to watch it with me. I tend to drink a lot of red wine and text Michelle [Dockery] and Lily [James] to see if they're being made to do the same. I end up watching it through my fingers.'

Downton Abbey is on Sundays, ITV at 9pm

# AMERICAN



WOMAN

Mum and Dad are hot, stylish and uber-talented, so does it go without saying that Zoë Kravitz will be off-the-scale gorgeous, too? (Spoiler alert: totally)







Her dad is Lenny Kravitz, the awesome Afro-haired, leather-trouser-clad rock star who was all over the charts in the 90s with the likes of Are You Gonna Go My Way (and who you might recognise more recently from playing Cinna, Katniss's stylist, in The Hunger Games). Her mum is Lisa Bonet, famous for playing Denise Huxtable in The Cosby Show in the 80s (the incredibly beautiful one you had a massive girl-crush on). With her striking face, cooler-than-cool attitude and laid-back rasp, Zoë Kravitz oozes stylish genes. Although her parents divorced amicably in 1993 when she was just five years old, she's taken after both of them in more than just the looks department. Zoë's acting career is flying right now - this year she starred in the box-office smash Divergent franchise (Insurgent) with Shailene Woodley, and the long-anticipated Mad Max: Fury Road, which garnered rave reviews. When she's not acting, she's playing in her band, Lolawolf, with her best friends, a sideline she started (slightly) by accident after they uploaded some songs online that went viral. We caught up with Zoë as she modelled (yep, she does that too) Dior's Cruise Collection in Cannes.

#### What was it like growing up with famous parents?

'I wasn't really aware of their fame until I was about eight or nine years old. My parents are pretty down to earth, and I think it was important to them to not let [their fame] interfere with my development. I'm not going to say it wasn't glamorous, because I know that it was. But it was normal for me.'

#### Did their fame make it easier or harder for you to get into acting?

'I'm very aware that I got into a certain room, and got a reading and got an agent because of who my parents are. It's not going to be as easy for some 16-year-old girl living in Iowa as it was for me. But at the end of the day, that's not why they hired me. It made me work harder.'

#### Do you have any of your parents' clothes?

'My mum gave me tons of clothes that she wore when she was my age. My father's mother was a very stylish woman, too – I have stuff that she gave to my mum who then gave to me. My grandmother [Roxie Roker] was an amazing actress and very forward-thinking.'

#### Who was the first person you really wanted to look like?

'There was a point when I wanted to look like a really thin white girl with blonde hair. I would see pictures of the Olsen twins when I was 15 and be like, "That is cool". It's difficult being different at that age, especially being black. We're in a place now where all these black trends are very cool, which is great.'

#### How would you sum up your personal style?

'I wear a lot of loose-fitting clothes. It's sexier to wear something loose and sheer than something very tight. I think people are too concerned with things like being able to see the shade of your nipple under your shirt. It's interesting that that's considered to be racy, but if you have a push-up bra on with your breasts up to your chin, that's OK.'

#### You were in Cannes for Dior's Cruise show. What did you think of the collection?

'I think Raf does such an incredible job. It's cool how he's combining the classic Dior look with something more comfortable that has a modern element to it. The venue for the show was crazy – like this futuristic bubble house with secret rooms.'

#### How did it feel to be wearing those amazing clothes in the shoot?

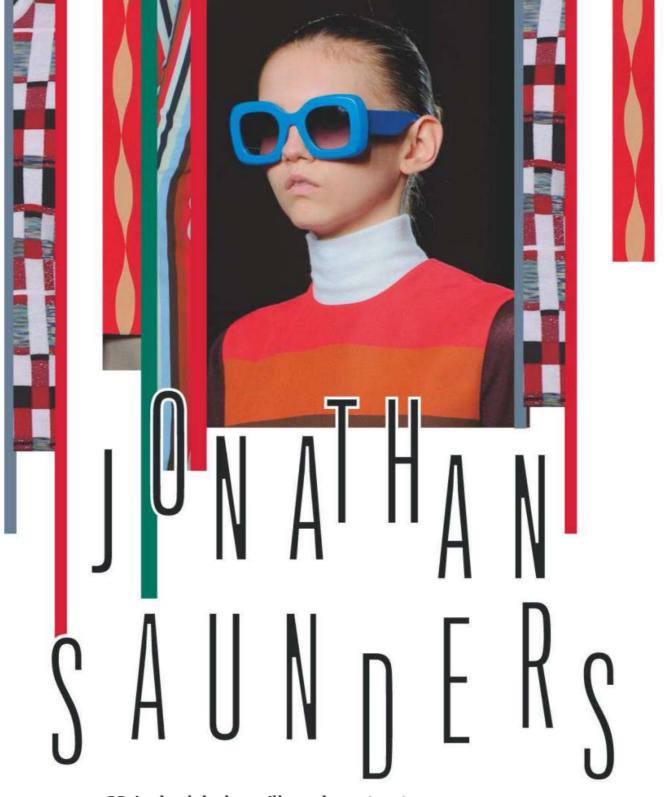
'Sometimes, as a younger person, when you're modelling a very classic brand like Dior it can feel a little bit older than you. But I don't find that with this collection at all. It all feels really modern.'

#### Do you think clothes can make you happy?

'I don't know if they can make you happy, but I think clothes are a way to express yourself. I have a gold tooth that I wear; it makes me laugh and I think it looks cool because it's just so bizarre. It's almost funny, it's almost too far – like an inside joke with yourself. That's what makes fashion fun for me.'







He's the label you'll see hanging in the wardrobes of Diane Kruger, VB and K Middy.

Meet Jonathan Saunders, the down-to-earth Scot making out-of-this-world clothes we all want to wear

WORDS BY HANNAH ROCHELL







\*Includes vitamin C which contributes to normal collagen formation and the normal function of cartilage and skin. Includes zinc which contributes to the maintenance of normal skin and nails. Includes biotin which contributes to the maintenance of normal skin and normal hair. Includes Vitamin B6 which contributes to normal energy-yelding metabolism and the reduction of tiredness and fatigue.

Sixties-style high necklines in a rainbow of contrasting colours





When did you first get interested in furniture? 'When I was really young. I did a woodturning course in Ireland when I was 12. I was fascinated with making things; that was my main thing growing up. I would find pieces of driftwood, knock them together and paint them different colours. I painted some terracotta plant pots using, like, 40 different colours of gouache and then turned them into some kind of weird shelving unit. This was when I was really young.' Can you remember any pieces of furniture you made on that course? 'I was always drawn to artists like Frank Stella and Victor Vasarely, who used primary shapes and colours. I remember doing marquetry at college, dyeing the veneers different colours and then laying them into a tabletop.'

**And is there a correlation between that and what you do now?** 'Yes, definitely. I get this thirst for continually wanting to find another image, and that comes from fine art and furniture design a lot, actually.'

How did you move from furniture to textile design?

'By year two at art school we started doing product design, working on vacuum cleaners and stuff, which I found restrictive. My tutor took a real chance on me and let me go straight into the third year of textile design and as soon as I started working it was in the context of fashion.'

You went to Saint Martins. How did you find that? 'It was so exciting. I was very nervous. It felt like a different way of approaching design: it was just about aesthetic, whereas at Glasgow School of Art everything had a reason or a meaning. My portfolio was a mixture of collages. I remember I cut up a David Bowie album into pieces and made it into a funny character. There weren't any fashion illustrations with swatches of fabric in the corner or anything. I think that's maybe why Louise [Wilson] let me onto the course even though I'd come from furniture and textiles – because I was different.'

Who were your contemporaries at Saint Martins?

'Richard Nicoll introduced me to this whole world of London fashion where everybody knew everybody. We used to hang out in Charlie Wright's, The Bricklayers Arms, Two Floors and The Hoxton Square Bar, which is now not as great as it used to be. Everybody went there. And I was like "Oh my god, is that "





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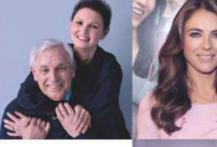


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### THE

# APPR區NTICE



Move over The Devil Wears Prada.

This month we're all about the underdog in new movie The Intern, which sees Robert de Niro as a man who starts work at a fashion site with a boss 30 years his junior (hello, Anne Hathaway). To celebrate, we asked a few friends of InStyle to give us their own real-life intern stories. And threw in a few of our own, too



#### HENRY HOLLAND, **FASHION DESIGNER**

'One of my most awkward experiences was calling up girls who had won a

competition, to ask their underwear size then having to deal with disgruntled parents shouting down the phone at me. Not ideal.'



#### **LUCY PAVIA, SENIOR FEATURES WRITER**

'After two weeks working at a women's glossy - where I had spent 70 per cent of my

time in the cupboard disentangling coat hangers - the managing editor called me into her office. "You know what I like about you?" she said. "We get a lot of girls coming into this office and they're all dressed up to the nines. But you clearly haven't done that, have you? You've just come as yourself.' Genuine compliment or the most almighty neg ever?"



fashion director had given

me the responsibility of returning 20 pairs of Manolo Blahnik shoes. It was one of the hottest days in July and, as I approached the press office, the bags fell apart. Before I knew it, 20 pairs of the world's most expensive shoes were all over the Manhattan pavement. I remember being horrified and quickly trying to put them back into the bags before anyone from Manolo Blahnik saw.'



#### HANNAH ROCHELL, **FASHION FEATURES EDITOR**

When I was interning at a magazine, I had to assist

on a photo shoot in Barbados. Which was brilliant! But at one point, the photographer decided he wanted to take pictures of the model from in the pool. He was short, and had to stand on a plastic sunbed, but every time he walked over to the side of the pool to change from his Polaroid to his film camera, the bed floated up to the surface. The answer. the crew decided, was to get me to strip off down to my bikini and stand in the pool on the sunbed. Embarrassing.'



#### LAURA JACKSON, **PRESENTER**

'Working at a posh catering company, I offered a lady a duck canapé, but she didn't

undertand my Yorkshire accent. I said a duck was a bit like a chicken that swam. I wasn't allowed to serve canapés after that.'



#### NICK SPENSLEY, **EXECUTIVE FASHION DIRECTOR**

'I interned at an American publication and was once

called into an office to stand by the window and block out the sun that was shining into the editor's eyes. On another occasion, a different editor had an event but was too busy to paint her toenails beforehand. So my fellow intern had to crawl under her desk to paint them while she worked.



#### GEORGE NORTHWOOD, HAIRDRESSER

When I first started out I worked in a salon in Bristol called McQueens.

owner, Emma, is now one of my best friends. When I first started, she needed a guinea pig and that person was me. We entered the L'Oréal colour trophy and I had extensions in the back, chopped on top so it was a massive mullet while the crown was bleached blonde. I even had a perm at a later date. That's what you call dedication to interning.'



#### ALICE LEVINE, RADIO DJ

'My first internship was at a TV company in London. It didn't pay too well so I housesat for my mum's

friend in Surrey and commuted in. It was free rent, but in return I had to take care of her dying cat. Forcing that pill down its throat every day was not living the dream.'



#### **NIKI BROWES. ASSOCIATE EDITOR**

'I interned at a men's glossy where the editor had a terrible addiction problem.

Returning from lunch worse for wear, and riled by a comment from his dining companion, he lobbed a bottle of wine at the window, which shattered the glass before crashing onto a Rolls-Royce below. A steep learning curve but I got a job - as his PA.'



#### GEORGE DRIVER, **BEAUTY ASSISTANT**

'I once interned at a small fashion magazine where they didn't have any room

in the office for me to sit, so I had a desk in the basement, sort of like Harry Potter's understair cupboard. To top it off, I had to wrap, bag and hand deliver all the subscriber copies of the magazine while wearing compulsory heels. As the weeks went on, my survival instinct kicked in and I started getting sneaky and wearing heels out of the building before swapping to flats for the deliveries. It was possibly the longest month of my life.'





#### CHARLOTTE SIMONE, **FASHION DESIGNER**

'My most memorable internship was working at Seventeen magazine in

New York. I once spent a day counting translucent sequins with a needle, but then I was also given creative freedom and a small column to contribute to each week. Overall, I loved it and felt part of a huge and welcoming team. Today, we juggle a few interns at a time. I always try and give them as much to do as possible, not in an effort to overwhelm them, but to try and get them to learn as much as they can in a short space of time.'



#### MELISSA ODABASH, **FASHION DESIGNER**

'There was no such thing as internships in my day - I simply took the

opportunity of any job going, such as babysitting. I worked at a modelling agency when I was 17, booking new girls and helping them shoot their first portfolio. I was never paid, but I'd get free photos in exchange, which helped me create a portfolio for myself. In the early stages of creating my swimwear business, I even sewed my bikinis by hand and went door to door attempting to sell them. The hard work paid off in the end.'



#### ANGELA SCANLON, **PRESENTER**

'My first internship was as a stylist's assistant. We were shooting a band outside in a

farmyard in the rain. The next day, I spent hours picking muck off the shoes. If you're getting an education in your dream job then it's a great experience, even if it means cleaning shit from the bottom of some dude's boots.' 'Enriched with shea butter, these will keep your hands hydrated on the go.' *Lisa Oxenham, Marie Claire Beauty Director* 





OUTNOW





The driving force behind some of the UK's hottest designers, Lulu Kennedy is the woman who made British fashion cool again. We get stuck into her (very stylish) world

WORDS BY LUCY PAVIA

on?



# Now you can

have sensitive tooth care and whiter teeth.\*



Sensodyne True White cares for sensitive teeth and is 10x less abrasive than many everyday whitening toothpastes.





with a wardrobe also stuffed with gifts from her grateful designer mentees, it's little wonder things go walkabout. 'I'll go to find something in my wardrobe and when it's not there I'll know it's with my sister. She lives just round the corner,' she says.

Forty-two-year-old Kennedy is the eldest of four siblings and had a bohemian upbringing with parents she affectionately describes as 'hippy and creative'. Her dad was an art, English and drama teacher and the family travelled around a lot. She thinks the nomadic 70s childhood gave her an openness to new ideas which primed her for the fashion world. I was exposed to lots of travel, new people, colourful characters. We weren't wrapped up in cotton wool. I think it's made me less restrictive about things.' She points to her feet: 'And it's probably why I'm wearing a cocktail dress with army boots  $to day. \'She \ remembers \ her \ mother \ going \ into \ a \ changing \ room \ at \ Biba \ to$ sketch a black velvet miniskirt with a big diamanté buckle so she could sew Lulu a version at home. 'I also had glitter wellies - it was all very Elton John.'

Her love of fashion has always been instinctive rather than academic. She never pored over magazines or swotted up on labels, and her original plan was to work in the art world. 'But then I worked in galleries and found it all a bit boring,' she says. 'Not quite uptight, just very proper. I got a bit restless.' In the late 90s she got a job at a vintage shop in Kensington Market - 'there were so many characters: the goths, the punks'-and a little later began working at the Old Truman Brewery in East London, where up-and-coming designers hosted fashion shows in its cavernous warehouse space. Two years later she teamed up with the Old Truman Brewery to launch Fashion East. The aim was to hand-pick promising young designers and award them bursaries to get them through those tricky, cash-strapped first few years, as well as provide them with a space to show their work to the press during Fashion Week. Not everyone was behind the idea at first. I think we were typecast as these East London, strange, rebellious types,' says Kennedy. 'People thought we were trying to mess with the original Fashion Week schedule, but actually we were trying to work with it.' Back then, London Fashion Week was very much the eccentric, chaotic underdog to Milan, Paris and New York. Kennedy's new influx of raw, exciting designers put London Fashion Week - and with it British Fashion - back on the map. Though she's far too modest and unassuming to lay claim to something like that. 'I'm not this hyper-connected fashion person, I exist in my own little bubble,' she insists.

Just around the corner, off Brick Lane, is Kennedy's Fashion East HQ - a bright attic room with white-painted wooden floors, accessible via an ornate black iron spiral staircase. Balanced on shelves packed with magazines and books are two giant neon signs. One says 'Fashion East' and one says 'Boyz Boyz Boyz', in honour of Kennedy's Topman and Fashion East collaboration 'MAN', which champions up-and-coming menswear designers. Awarding the designers a bursary is just the beginning of the process for Kennedy and her little team. She'll help each designer plan and edit their collections, filter press requests, cast their fashion shows and even mix the show music. 'It can get pretty hectic,' she jokes. Kennedy says she gets a lot of her ideas at night, like the one she had at 3am this morning to host the upcoming Fashion East catwalk show in a Soho strip club. She says this is her 'naughty side', throwing out a curveball to see how people will react. Kennedy lives nearby and her day starts whenever her 18-month-old daughter Rainbow wakes up ('which right now is any time between 5am and 9am'). She has a nanny to look after Rainbow between 10 and 4 so tries to cram in as much work as possible at the studio during that time, though designers will pop in to see her if they're on Brick Lane. 'That can throw off my day a bit - though it's always lovely to see them,' she says. Kennedy describes her working process as 'very old school' and says she prefers picking up the phone to bashing out emails. I find writing very boring, it's always much better to chat.' Fashion East is reliant on funding, so

**Someone** once compared Lulu Kennedy to Simon Cowell. Others have called her 'London's answer to Anna Wintour'. She's not sure which comparison she finds more hilarious. 'I mean, in a word... LOL,' she says with a grin when I quote these to her. The Cowell/Wintour parallels might make her laugh, but what Lulu Kennedy does have, a little like New York's fashion queen and pop's svengali, is a serious nose for talent.

If you're an aspiring British fashion designer, Kennedy is the woman you want to impress. Through Fashion East - the not-for-profit organisation she set up 15 years ago to give funding and support to fledgling designers - she has scouted, kindled, guided and launched the careers of virtually every hot British designer and label today: JW Anderson, Gareth Pugh, Roksanda Ilincic, Henry Holland, Jonathan Saunders, Meadham Kirchoff, Simone Rocha. In fact, so long and illustrious is her list of protégés, it's hard to imagine what British fashion would look like without her.

We meet on a rainy August morning in East London's aptly named Fashion Street. After years spent launching designers, Kennedy has more recently turned her hand to design herself. Today she's meeting a team of Marks & Spencer buyers at the brand's East London studio to put the finishing tweaks to her second Marks & Spencer collaboration. Wearing a red and black A-line cocktail dress - 'old Roksanda, I've just rediscovered it' - and grey army boots, she is softly spoken and naturally pretty with her tumble of brown hair and Rich-Tea biscuit tan. Coffee is poured and Kennedy begins silently plucking pieces off the rail and holding them up for closer inspection: there's a pair of two-tone boyfriend jeans, a faux-fur stole for party season - 'my favourite' - and a high-necked floral winter tea dress with a distinctly 70s vibe. It's only August but next summer's collection is already in the pipeline.

'The pace of the high street is much faster than I'm used to. I love it,' she says. 'You're working with people who can rifle back through their minds and instantly go, "We tried that fabric six seasons ago, it didn't sell. Let's try this." Her mum and sister have already pinched a cross-body bag and summer dress she made for the first Marks & Spencer collection, though









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another big part of her job is cultivating and establishing sponsorship deals with big brands, whether it's masterminding a designer collaboration with G-Shock watches or teaming up with Grey Goose vodka for a launch party.

Today she and her assistant Tash are whittling down the finalists in their latest stack of Fashion East hopefuls. They've been going back and forth on the decision for two weeks. 'It's driving us mad. Our gut's telling us one thing and our head another.' What is it she looks for when she's scouting for the next big fashion star? She says it's sparks of creative potential rather than a fully formed, ready-for-runway designer, though there have been some notable exceptions. '[JW Anderson] already felt very refined, very stylised when he came to us. You felt instantly that you were working with someone who knew exactly what they needed to do. He already had his own logo.' She's been called 'fashion's fairy godmother' but prefers to see herself as a 'foster mum', who gives the designers the support they need before they're ready to go it alone. At Fashion Week she feels most comfortable backstage in the chaotic thick of it. One season, a designer nearly sent out his models with no shoes on. I was there on my hands and knees going, 'Shoes, shoes!' We were laughing and shricking so much it kind of diffused the situation.' And if she's going to be inside the show, just don't ask her to sit front row. One of my favourites a few seasons ago was Roksanda's. Jonathan [Saunders] and I turned up really late, hungover from the night before. We were offered front row seats and were like, 'No, look at our bloodshot eyes! Can we just stand at the back?' All those glossy people....' she trails off. Of course, she could join all those 'glossy people' whenever she likes, but that's just not her style. The Lulu Kennedy for Indigo collection is available in stores and online (marksandspencer.com)





# how to get a job in fashion

# BY LULU KENNEDY

#### START AT THE BOTTOM

Be prepared to intern. I started off my career making tea, enswering the phone and running errands. The great thing about that is you get to listen in, absorb everything and figure out what skills are required.'

#### DON'T WAFFLE

'The fashion world is very visual, so keep your CV nicely laid out on a single sheet of A4 in an elegant font. It should be very to the point, listing relevant skills and not gushing on about "a passion for fashion".'

#### CVS ARE KEY

'My interns are chosen 80 per cent from their CVs, and 20 per cent from how they come across in the interview, so it's definitely worth asking someone to look over your CV and covering letter before sending. I get CVs from kids wanting to get into PR or journalism who haven't even bothered to use Spell Check or punctuate properly. Automatic fail!'

### ETIQUETTE ON SET IS VITAL

'Interns or assistants should be energetic and enthusiastic without becoming too distracting or annoying. Anticipating the photographer or stylist's needs should be your focus at all times. During lunch breaks you can relax and chat to the crew and talent if appropriate, but in quiet moments offer to steam clothes, pack suitcases, book cabs or make a round of tea.'

#### DON'T TURN UP IN HEELS

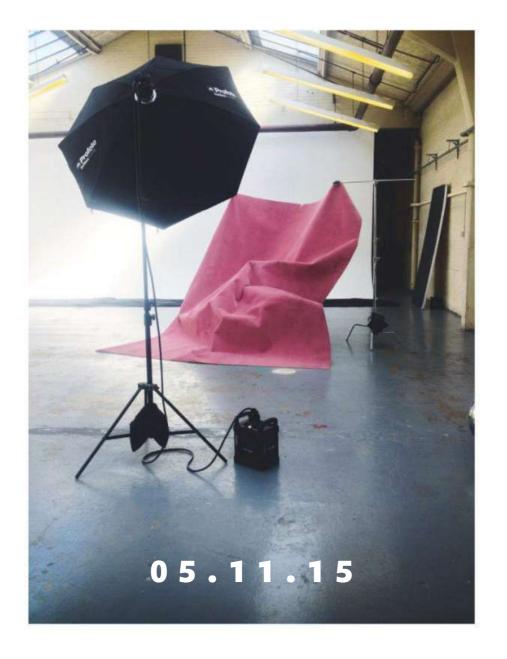
'Unless you can walk long distances and drag suitcases of clothing in them! All my employees started out as interns. Two have gone on to be a very successful casting director and stylist.'

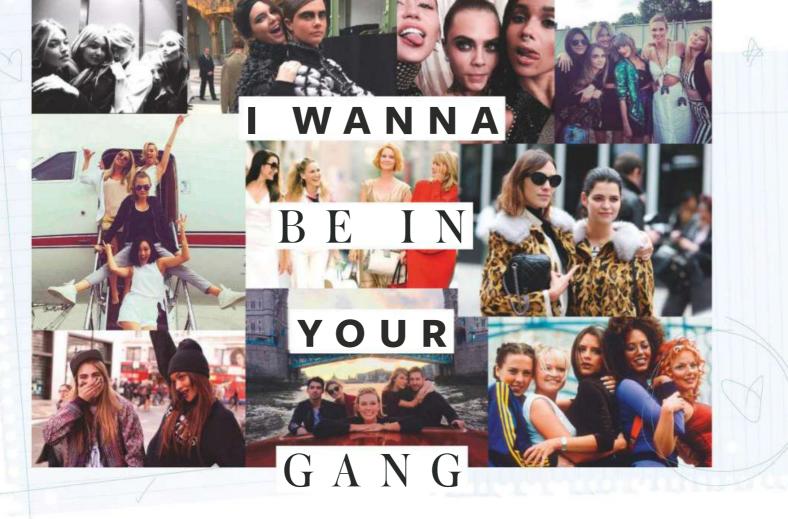
#### USE YOUR INITIATIVE

'If your boss is stressed out, don't wait to be asked - offer to grab them lunch, book them a cab, stay behind and work late. Behaving like a PA makes you stand out from the crowd.'

# RAPHBYPHOEBESING







How Taylor Swift made it cool to be nice

WORDS BY HANNAH ROCHELL

#### When I was 11...

I wrote a note to a girl in my class called Jeannie. It said, 'Will you be my best friend, and can I sit next to you on the school trip next week?' Jeannie's cool reply was, 'No! You, Annabel and Victoria are ALL my best friends. But yes, you can sit next to me.' It turns out that Jeannie was not only very wise for her years, but also well ahead of her time. Because what Jeannie had created, through her desire to be nice to everyone and have lots of pals, was a modern gal gang. Jeannie was like a very small, very Scottish Taylor Swift.

Groups of girl pals are in no way a new phenomenon, of course. But, spearheaded by Swift and her ever-expanding Super Clan, gal gangs are now a force to be reckoned with in the world of celebrity. More than ever, women in the public eye are judged by their friends and how they interact with them. If you ask me, that's no bad thing; it encourages us all to be nice.

The key to a successful gal gang is that all of its members seem like lovely girls. Taylor Swift is a case in point; her eagerness to be friends with everyone, from Gigi Hadid to a random fan at one of her gigs, seems 100 per cent authentic, and the whole world loves her for it. Modern gal gangs spend most of their time supporting, showering affection over and generally bigging up the other members of the group as they go about their business doing cool stuff together. There is no jealousy, no bitchiness; they're just a bunch of mates having fun. Going public with your love for your besties (note: plural) is now so fashionable that we've become a bit suspicious of girls who aren't in a gal gang.

Of course, I'm not suggesting that anyone really chooses their

friends with the gal gang and how it's perceived in mind - most of us form friendships for life at school, uni or at work and, ultimately, in private - but the celeb gal gang celebrates sisterhood, and when I look at my own friendship group, we have quite a bit in common with Taylor and co. Jeannie may have moved back to Scotland when we were 13, but if there's one thing she taught me, other than how to make 'cheesie beanos' (cooking: a classic gal gang activity right there), it was the value of having more than one best mate; something Taylor clearly understands too.

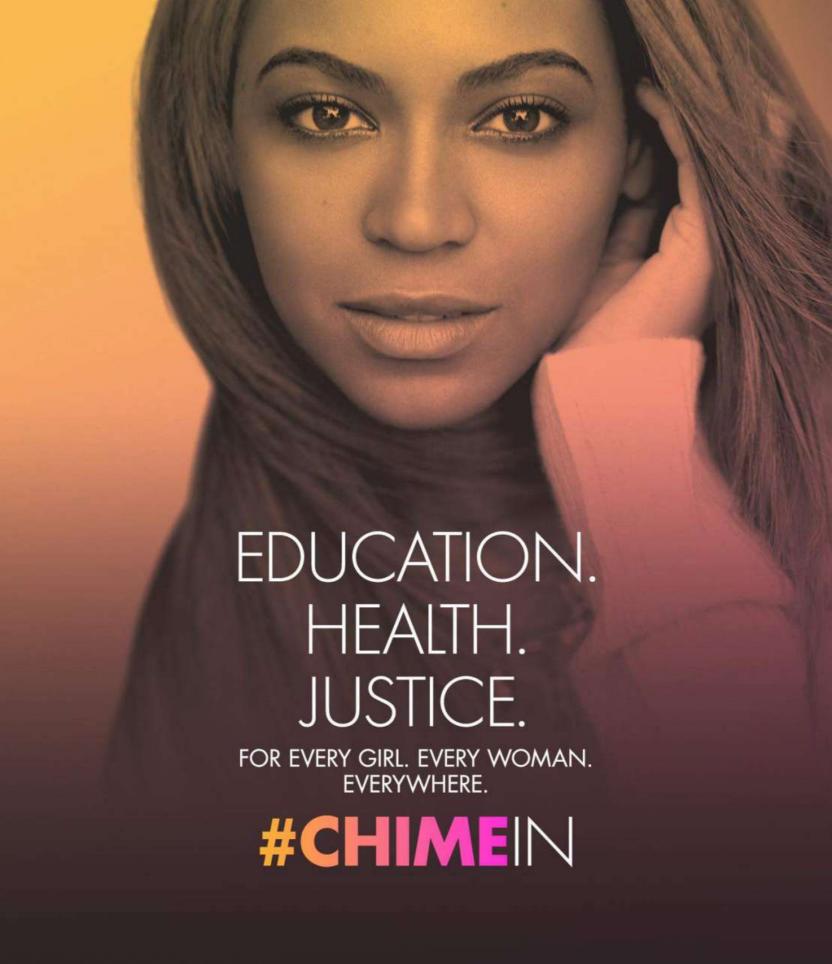
#### **HOW TO MAKE THE PERFECT GANG**

#### 1. Choose your leader

Whether it's the most powerful one (Taylor), the most stylish one (Alexa) or the most dysfunctional one (Carrie Bradshaw), all groups must have someone spearheading the movement. The leader will then set the tone for the rest of the group. It's no coincidence that Taylor surrounds herself with goodie-goodies; if you don't get with Taylor's vibe, you ain't in the gang.

#### 2. Get the maths right

A gal gang must consist of at least three. Two is just a best friendship - much as we love Jennifer Aniston and Courtney Cox, they're no gal gang without Lisa Kudrow in tow. A twosome can also come across as a clique, and that goes against everything the gal gang stands for. We'd stop at five or six in your group, though; Taylor is kind of overdoing it now (at last count, 30 plus).



Beyoncé Knowles-Carter Artist, Producer, Entrepreneur, Wife, Mother, Daughter, Sister

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#### 3. Consider dynamics

Use the Spice Girls/Sex And The City format to avoid clashing personalities, skills and sartorial styles. While shared interests are definitely good (see point 1), no one wants to be The Corrs of gal gangs (really, which one was which? We still have no idea).

#### 4. Do fun stuff together...

...And tell everyone about it. Whether it's baking cupcakes (Taylor and Karlie Kloss), going on holiday together (Alexa Chung and Pixie Geldof) or just going for an old-fashioned pint (Caitlin Moran, Lauren Laverne and Sali Hughes), doing fun stuff together is what mates are meant to do. It is acceptable for the gal gang to branch off into pairs to do this. Remember, it's so much more endearing (and less weird) to post pictures of you doing fun stuff together than it is to post duck-faced selfies of you alone in a bikini in your bedroom...

#### 5. Don't overdo the 'boyfriend' stuff

Talking about/instagramming/tweeting about your boyfriend should be kept to a minimum. Boyfriends are very much on the periphery of the gal gang and aren't really relevant to it. Sometimes it's not even apparent that a member even has a partner, despite them having been a couple for years. Which leads us on to the next point...

#### 6. Have an honorary boy/pet in the group

The boy must under no circumstances be in a relationship with one of the gals, though it is acceptable for him to be in (unrequited) love with the leader. See Ed Sheeran and Nick Grimshaw, both honorary members of gal gangs (The Swifties and The Chungettes, respectively). Alternatively, persuade one of the girls to get a French bulldog or an interesting-looking cat.

### 7. Never, EVER, diss another girl

Remember, it's all about supporting your mates. As Taylor once said, quoting American politician Madeleine Albright, 'There's a special place in hell for women who don't help other womem'

# THE FLOATERS

#### WHO ARE THEY?

Girls who aren't a permanent member of one gang, but flit from one to another, and usually have a bit of a bad girl/party girl reputation. Their reluctance to settle into one gal gang may be down to extreme popularity, a tendency to have just one best friend at a time, or being far too into their boyfriend to spend time with the gal gang (something Taylor's said she will never do). However, they will always be accepted back, at least for the Insta-opportunity. Famous floaters include Cara Delevingne, Rihanna and Katy Perry.

# BEST GIRL

GANGS

#### **FRIENDS**

Members Rachel Green,
Monica Geller, Phoebe Buffay
Why it works Breaking the first rule of
gal gangs, the Friends girls have no clear
leader, but this often works better with
a threesome so we'll let them off. The fact
that Jennifer Aniston and Courtney Cox
are bezzies in real life makes this fictional
gang more credible.

#### **SEX AND THE CITY**

Members Carrie Bradshaw, Samantha Jones,
Charlotte York, Miranda Hobbes
Why it works Every character is so
completely different in every way
- personality, interests, dress sense - that
they all offer something unique to the group.
See also The Spice Girls.

#### **GIRLS**

Members Hannah Horvath, Marnie Michaels,
Jessa Johansson, Shoshanna Shapiro
Why it works They're all so incredibly
dysfunctional and selfish that they end
up learning from each other. Oh, also,
the fact that each of their Christian names
and surnames start with the same letter
is brilliant.

#### THE CHUNGETTES

Members Alexa Chung, Pixie Geldof,
Daisy Lowe, Poppy Delevingne
Why it works Alexa is the glue that
holds these girls together, taking gal gang
leadership skills to the max (we'd never
expect to see Pixie and Poppy partying
together without her).

#### THE SWIFTIES

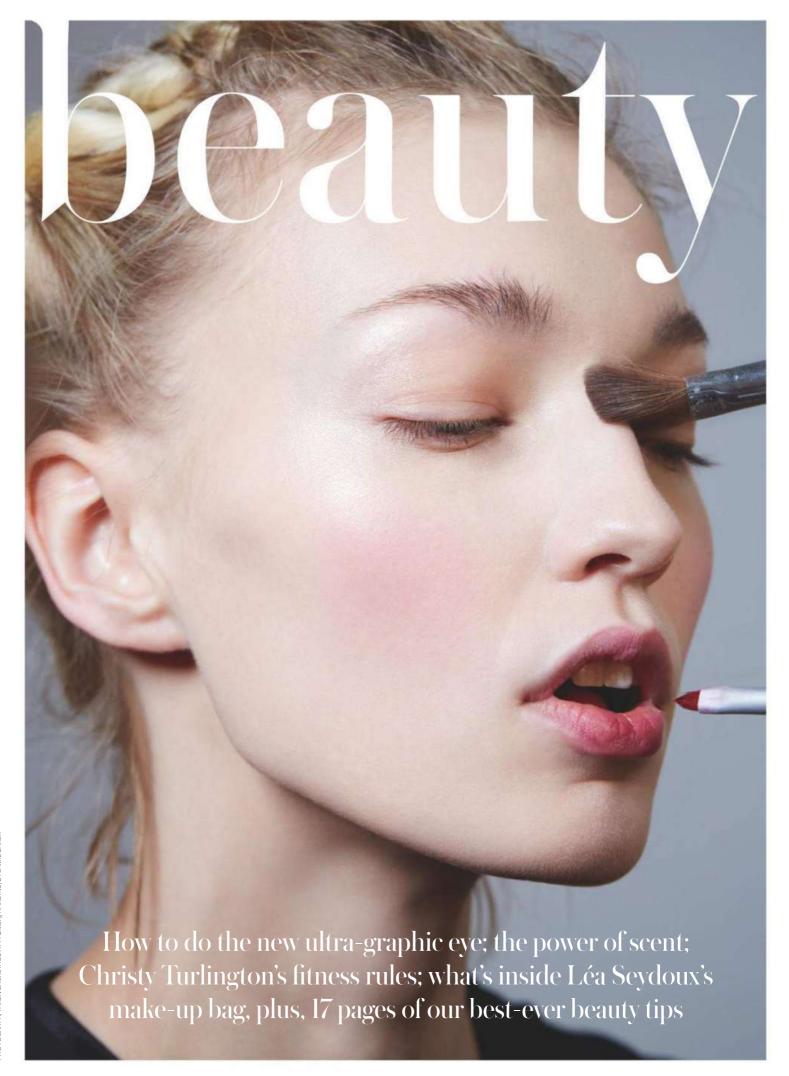
Members Impossible to list them all, but including Karlie Kloss, Emma Stone, Gigi Hadid, Haim and Lena Dunham Why it works Astonishingly, each friendship seems perfectly genuine... but then Tay Tay also seems to be the most likeable celebrity of all time.



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The next gen wonder concealers cover all sorts of sins - you just have to know how to use them. Make-up pro Alex Babsky reveals all...

'A pale concealer can make dark under-eye circles look grey, so apply a warmer tone.' We love Bobbi Brown Intensive Skin Serum Concealer (Warm Ivory, left, £28, johnlewis. com). It comes in 15 shades so you can find your perfect match.

'To cover redness dot on with a small, pointed brush, feathering out edges.' We're obsessed with Dior's Fix It 2-in-1 Prime & Conceal (002, right, £23.50, selfridges.com). Use the balm to blur skin's texture and the concealer on redness.

'The area around your eyes is the most delicate so use a more fluid formula.' We love Benefit Air Patrol BB Cream Eyelid Primer (£21.50, benefitcosmetics.co.uk). It has a super-soft cushion tip and SPF20 to protect your peepers.

'A highlighting pen concealer perks up dull, end-of-day make-up.' We use the beige side of Givenchy Teint Couture Embellishing Concealer (£25,01932233824) to cover dark circles and

the pink side to brighten.



Instagram-worthy nail art just got easy with MoYou's Giamba a/w 2015-inspired plates (Origami Plate 07, £4.99, moyou.co.uk). Simply paint, scrape and print the adorable origami

designs straight onto nails.

#BEAUTYHACK

Treat yourself to some extra beauty sleep with these time-saving essentials



Skip a step in your skincare routine by combining your SPF with your cleanser. Try Dr Russo Sun Protective Day Cleanser SPF30 (£65, spacenk.com).

### (SAVE 3 MINUTES) THE MULTITASKING MASCARA

Forget using two separate mascaras for volume and length, and say bye-bye to eyelash curlers - Rimmel's patented formula Super Curler Mascara (£6.99, boots.com) does it all. Yesss!

#### (SAVE 5 MINUTES) THE SCULPTED LIPSTICK

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WHAT'S LANDED THIS MONTH

WHAT Miu Miu Eau De Parfum, £48 for 30ml (harrods.com)

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TRICK

WHY 'The fashion house's first-ever fragrance is packed full of lily of the valley and jasmine.' Katie Service, acting beauty editor





WHAT Naked Smoky Palette, £38, Urban Decay (urbandecay.co.uk) WHY 'The ultimate weapon for a perfect smoky eye.' George Driver, beauty assistant

WHAT Smart Custom-Repair Eye Treatment, £38, Clinique (selfridges.com) WHY 'One formula to brighten, contour and de-puff my eyes? Yes please!' Cassie Steer, beauty director





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# CLARINS





BEAUTY BY CASSIE STEER

FASHION BY LULU WENTWORTH

GOING for

BOLD

Don't give the finger, give the eye, with these rebellious takes on the classics. Singer-songwriter Tove Styrke sets her sights on the new trends

PHOTOGRAPHS BY DANIEL THOMAS SMITH



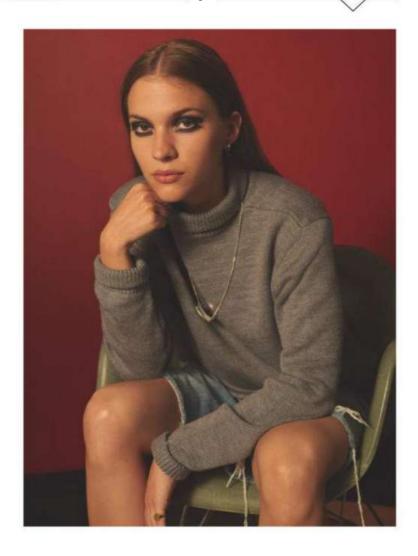
# under score

So long, subtle feline flicks, this season is all about bold inked-on ticks, as seen at the Anthony Vaccarello show, where the star motifs in the collection were the inspiration for the temporary face tats.

**HOW?** 'This modern liner look is a great way to add quirky detail to an otherwise bare face,' says Elias Høve, make-up artist for Urban Decay. 'Keeping the skin raw makes it feel more innocent. I added some black eyeshadow over the top of blue eyeliner pencil for that worn-in tattoo colour. You can play around with placement and colour though – there are no rules for this look.'

This page, sweater, £2,975, Loewe (loewe.com); earrings, worn throughout, model's own; ring, £36, and bracelet, £78, both Alice Eden (aliceeden.co.uk). Opposite page, earring, £225, Shaun Leane (shaunleane.com)

# cyber smoke



Just when we thought the smoky eye couldn't possibly be reinvented again, it goes and gets an a/w 2015 makeover, courtesy of New York label Cushnie Et Ochs. The key? The tiny sliver of bare skin through the middle. It's the difference between an old-school LBD and a modern black crop-top dress.

**HOW?** 'This is a way of making a "glam" smoky eye cool,' says Høve. 'There's something about deleting space that adds an instant modernity, and this is actually really easy to do as long as you have a good make-up remover and some slimline cotton buds to hand. Simply apply your eyeshadow in an almond shape around the eye, press on some green metallic shadow in the centre to add dimension, then use a cotton bud to remove the eyeshadow in a straight line in each corner of the eye.'

Sweater, £310, Shrimps (shrimps.co.uk); shorts, £25, Lee (rokit.co.uk); earring, £225, Shaun Leane (shaunleane.com); necklace, £180, Jessie Harris (jessieharris.co.uk); ring, £260, Bam B (kabiri.co.uk)



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\*\*Skin surface renewal is accelerated based on surface cell exfoliation.



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# barenecessities

We've all heard of negative-space nails, where your bare nail peeps through the manicure, but a/w 2015 was all about negative-space eyes. DKNY was perhaps one of the most extreme versions, flaunting just the outline of a trad smoky eye with a whole load of skin on show in the middle.

**HOW?** 'As this is a pretty conceptual look, feel free to experiment with the shape,' says Høve. 'Go for a more paisley design or a rounder, egg shape, depending on the proportions of your face. It's actually a good way of making your eyes look closer or further apart. I used an eyeliner pencil that faded out towards the bottom lashes, but don't worry about being too precise.'

Coat, £985, Kenzo (kenzo.com); top, £38, Billionaire Boys Club (bbcicecream.eu); necklace, £180, Jessie Harris (jessieharris.co.uk); earring, bracelet, and ring, as before

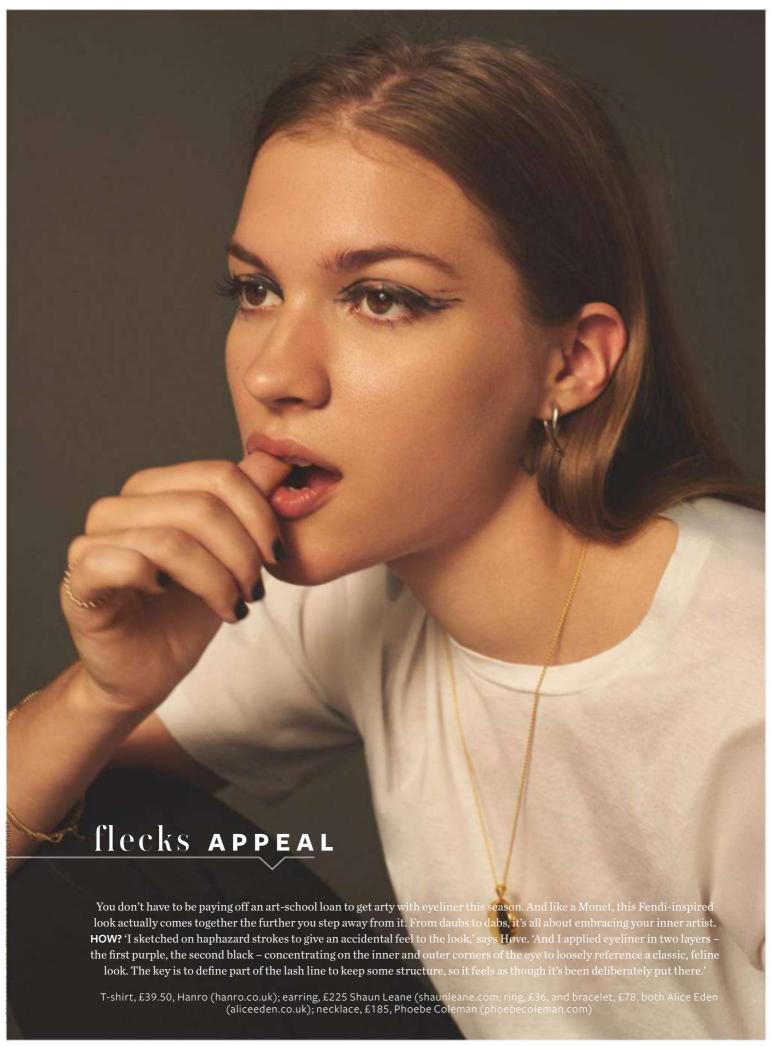
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WORDS BY

GEORGE DRIVER

'm so glad you're not just making me look pretty, this is so much cooler,' announces self-proclaimed tomboy and musical prodigy Tove Styrke. Completely make-up free and dressed in a hoodie, jeans and trucker cap, the 22-year-old Swedish singer-songwriter is more Shoreditch cool kid than Stockholm glamazon, and she's totally working it. With a number one single already under her belt, collabs with fellow Swedish star Lykke Li and a European tour under way, she's 2015's Robyn and officially our new electro-pop obsession. And she eats, too. Cracking into a can of Coke and a sharing bag of Maltesers, we chatted video games, FKA Twigs and pink hairspray gone wrong...

#### You're only in London for a day, any plans?

'I'm a big video game fan, so probably that. Right now I'm obsessed with *Diablo III* and *Path Of Exile* – they're really addictive.'

#### What music do you have on your iPod?

'Everything. I've loved Björk's music since I was ten. My friend went to a fancy dress party as her, so I went home, googled her, listened to everything she's done and was blown away. I love Beyoncé as well – always Queen Bee. I do a 'to the left, to the left' as a homage to her in one of my songs. Other than that, I'm loving Miley Cyrus – she seems really fun to hang out with – and I'd love to have a jam session with Patti Smith.'

#### Best celebrity you've met?

'I met Lena Dunham when we were both on *Late Night With Seth Meyers*, and I was totally star-struck. She's the most famous person I've had a selfie with and she was really nice. I was wearing a matchy-matchy red outfit and she really liked it, which was cool.'

Is your make-up as experimental as your music taste? 'I wouldn't say I'm good at make-up, but I'm definitely not lost. I'm really boring and take

the same make-up kit with me everywhere, even on tour. I use MAC's Face and Body Foundation, because it actually stays on through a gig, then I brush my brows and, if I feel like it, I'll wear mascara. Then I'll put my hair in a samurai bun so I can headbang as much as I like – it can get a little violent.'

#### What's your skincare regime like?

'My mum's got perfect skin and always tells me to just wash my face with soap, and moisturise with body lotion, but if I did that, I'd break out in half a day. I've had so many beauty disasters. One time I spray-painted my fringe pink and it went all over my forehead – I looked like an idiot. I've had bad hair extensions and I used to just slap heavy foundation all over my face and rub it in like moisturiser. Everything was covered in it. But then I figure, there are worse things you can do to yourself than look horrible, you know?'

#### How do you feel about today's looks?

'I love the eyeliner looks. Keeping the make-up really simple then having an edgy statement on the eyes is really me. It feels a bit like drawing or face-painting.'

# Topknots and face tattoos – sounds a little FKA Twigs to us...

'I love her. I saw a picture where she was essentially wearing a white potato sack with cut-outs but the details were really nice. I'm fond of androgynous pieces that you can't place in a certain time. It's fun to flirt with different eras like the 70s and the 90s, so I'm loving today's clothes. They're exactly what I would wear, just more expensive!'

# The kit



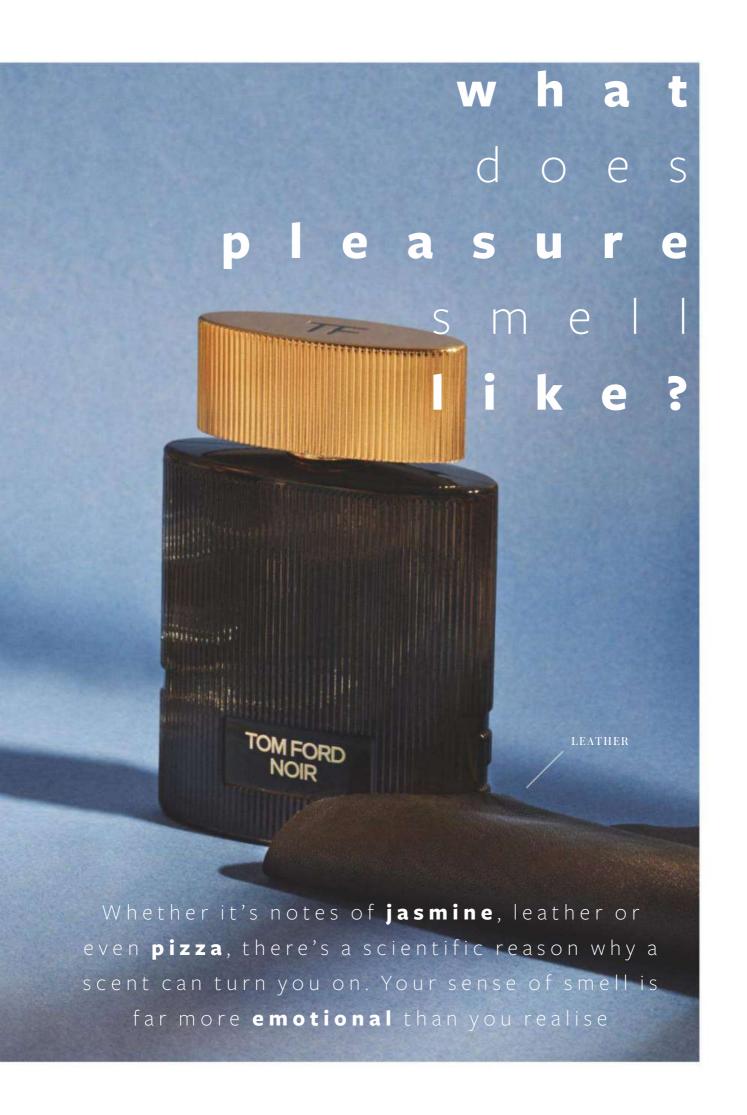
From top, Magnif'Eyes Mono Shadow in Q Jump, £4.49, Rimmel (boots.com); Dazzle Dust in Black, £4.59, Barry M (barrym.com); Le Vernis Nail Colour in 679 Vert Obscur, £18, Chanel (selfridges.com); 24/7 Glide-On Eye Pencil in Invasion. £15.50, Urban Decay (urbandecay. co.uk); Noir Couture Volume Mascara in 3 Taupe Glacé, £24.50, Givenchy (debenhams.com); Perversion Angled Brush, £12.50 Urban Decay (urbandecay.co.uk); Eyeshadow in Kush, *left*, £14, Úrban Decay (urbandecay.co.uk); Moondust Eyeshadow in Zodiac right, £14, Urban Decay (urbandecay co.uk); Camera Ready BB Water SPF30 in Fair/Light, £29, Smashbox (smashbox co.uk): Eveshadow Primer Potion Anti-Aging, £18, Urban Decay (urbandecay.co.uk); Eves to Kill Liner in 8, £26.50, Giorgio Armani (armanibeauty.co.uk); Ink for Eyes Waterproof Precision Eye Pen, £15.50, Urban Decay (urbandecay.co.uk)



# MOROCCANOIL.

ONE BRAND: A WORLD OF OIL-INFUSED BEAUTY





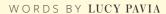


# nice'n edsy

CLAIROL

Christina Hendricks in Nice'n Easy 8G Natural Honey Blonde

# **BEAUTY**



**COULD** always imagine him power spraying himself with the stuff when he got out of the shower; his underarms, his stomach, a warrior 'X' on his chest like they do in the adverts. Whenever I met up with him we'd sit there in a great invisible cloud of it, kissing on patio chairs outside his parents' house in Surrey, heads inclined at

cloud of it, kissing on patio chairs outside his parents' house in Surrey, heads inclined at textbook 45 degree angles, to the soundtrack of Counting Crows and the pump on the ornamental fishpond. Oh, the sophisticated notes of Lynx Africa. Seventeen years later, the slightest waft of it gives me happy, 13-year-old Thave a real-life boyfriend!' butterflies.

First Boyfriend and I have crossed paths many times since we put the lid on things romantically in a dramatic landline phone call. At the same university, we had a big gang of mutual friends, and every so often a photograph of him slides past on my Facebook feed. Seeing him – in the flesh or in pictures – never has any real emotional impact on me. But that smell, or at least the smell of him back then (I can only assume his eau de toilette has progressed from Lynx in the years since) is different. I'm not just conjuring up memories of teenage emotions – I'm feeling them. Why does a generic high-street body spray have the power to unlock the emotions of my old teenage self when a picture won't?

It's because when you smell something, you don't think, you feel. Our sense of smell and our feelings are in fact so closely linked that, incredibly, 75 per cent of our emotions are triggered by what we smell. 'Something I like to consider,' says cognitive neuroscientist, professor Rachel Herz, 'is that we potentially wouldn't have emotion if it weren't for our sense of smell.' Sound a little mind-boggling? Here's the hard science. 'When you smell something,' Herz explains, 'it lands on the mucus membrane at the top of your nose and then goes into the olfactory bulbs, which are two protrusions from your brain right at the level of your eyebrow.' The olfactory bulbs are directly connected to the limbic system, the same part of the brain where emotion and memory are processed. 'So the feeling you have when you smell something is, first and foremost, emotion.' This is a totally different process to sight or sound. Herz says we might feel emotional hearing a memorable piece of music, but that's only once our brain has processed the connection between the music and our specific memory of it. So I could listen to that Counting Crows album and feel a general sense of teen nostalgia, but it won't conjure up the same instant pleasure – or pain – that a fragrance will.

If you want to measure how important our sense of smell is to us, just look at what happens when it fails. In her brilliant book *The Scent Of Desire*, Herz lays out the devastating effects that anosmia (a loss of smell) can have on our wellbeing and happiness. She cites anosmia as a contributing factor to the 1997 suicide of the rock star Michael Hutchence, who



fell into a deep depression after a head injury from a bicycle accident destroyed his olfactory system. 'Without it,' Herz writes, 'the temptations of food, the essence of a walk on the beach, the feeling of nostalgia - the texture of life itself - were robbed from him.' Smell isn't just connected to pleasure, it's central to it.

Herz has been working closely with The Library of Fragrance, a quirky scent company which taps into the scientific connections between smell, memory and pleasure. These days our motivations for buying a particular bottle of perfume can vary wildly. You might buy Prada Candy because you love that sweet whiff of caramel and musk, but equally you might buy it because you think the bottle is cool and you definitely can't afford a Saffiano bag. The Library of Fragrance's 300 scents strip olfactory pleasure right down to its roots. No fancy bottle, no beautiful model, no fashion house kudos. Each plainly packaged fragrance is designed to trigger good feelings by prodding at pre-existing memories. The Library features everything from the obvious 'Grass', 'Incense', and 'Honeysuckle' to the less obvious 'Fireplace', 'Pizza' and 'Dirt'. 'Our "Baby Powder" cologne is a universal bestseller,' says Mark Crames, CEO and 'nose' at The Library of Fragrance, 'A lot of us like the smell of baby powder, because it reminds us of a time when we were nurtured.' The popularity of other Library scents suggests our olfactory tastes are a little weirder than we may think. 'Just because an odour doesn't typically represent our traditional perception of wearable fragrance doesn't mean it won't give us pleasure,' Crames says. 'Most people find our "Dirt" cologne grounding, addictive, and incredibly sexy."

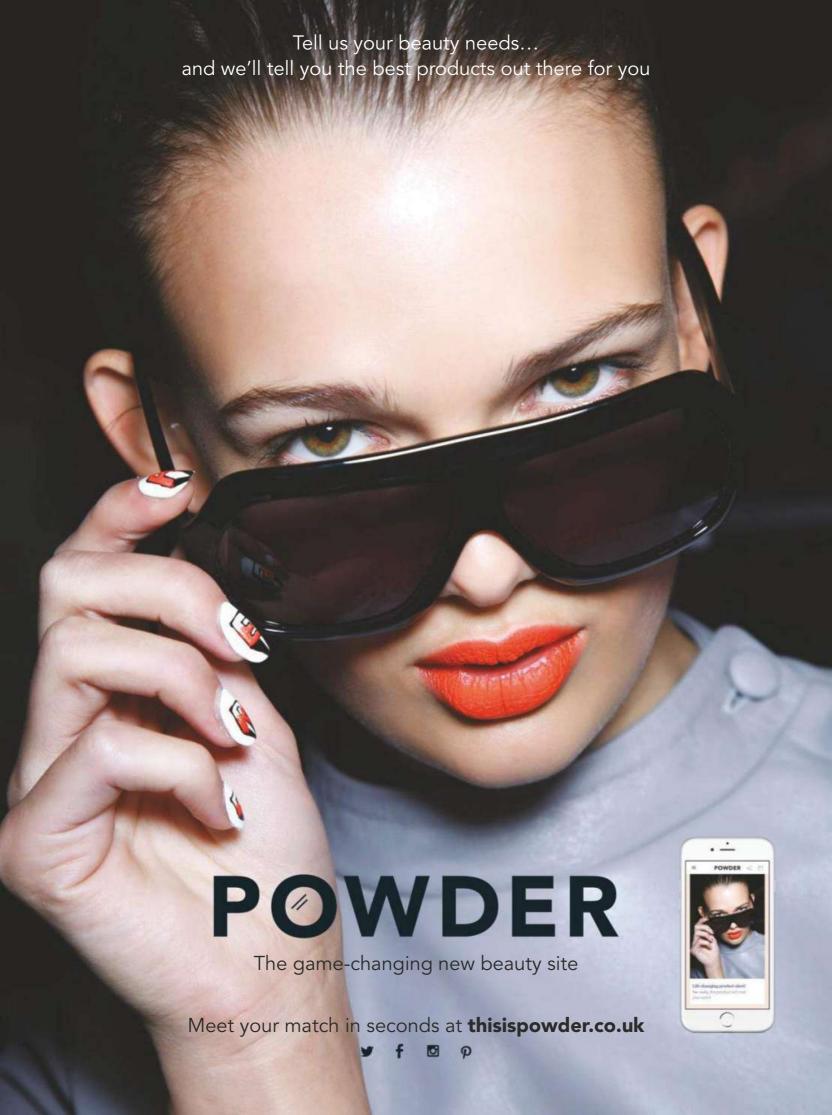
The creation of perfume is still a rarified craft. There are more astronauts in the world than perfumers. And if I asked you to close your eyes and imagine what a master perfumer should look like, you'd probably come up with someone like Roja Dove, whose luxurious array of Hermès silk cravats and gobstopper-sized jewelled rings are as flamboyant as his £250-a-bottle titular scents. Blindfolded, Roja Dove can identify up to 800 different scents. 'A few years ago, I was asked to create "the smell of sex" for an exhibition at the Barbican,' he tells me. 'I made a blend that combined beeswax and civet. Whenever I gave it to someone to smell, I said, "Wait a while and you'll smell the scent of crotch." Whether male, female, gay or straight, people always said, "Oh, yes," quickly followed by, "I rather like it."

The fact that 'we smell with the most primitive part of the brain', according to Dove, explains why our olfactory tastes can be pretty primitive too. Forget rose petals and freshly cut grass; some of the most pleasurable notes in the fragrances we love have pretty revolting origins. Civet musk - an ingredient of Chanel No 5 - comes from the anal glands of a civet cat. 'On its own, it smells like animal faeces,' says perfume designer Azzi Glasser, who has worked with Illamasqua, Bella Freud and

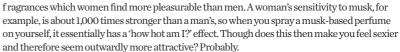
'I was asked to create"the smell of sex" for an exhibition. I made a blend that combined beeswax and

civet'





# **BEAUTY**



In her book Scent And Subversion, writer and perfume expert Barbara Herman talks about a shift in the early 90s away from animal-derived ingredients to so-called 'clean' citrus-based fragrances, like that old unisex favourite CK One. 'Many perfumes in this era,' she writes, 'no matter how beautiful or technically interesting, seemed to have erased away imperfections - the things deliberately put into perfumes in earlier eras to give them notes that referenced the body.' But a lot of these animal scents are what give perfume that lustier, decadent bouquet - even though (thank god) we're not sniffing them and thinking 'mmm, cat bum'. A lot of recently released fragrances - such as DKNY's MYNY - contain ambrox, a synthetic version of ambergris, a grey waxy substance produced in the intestinal tract of a sperm whale, which in its raw form smells like manure. The celebrity fragrance market isn't all fresh, clean notes either. 'I really like B.O,' Sarah Jessica Parker said when she was asked about the inspiration for her perfumes Lovely and Covet, 'I think it's sexy.' SJP also raised eyebrows when she said she also liked the smell of dirty nappies, but it would seem those strange olfactory tastes have struck a chord; Lovely is one

of the biggest selling fragrances of all time.

A few years ago, researchers at Charles University in Prague discovered that we choose our perfume not to mask but to complement our own body odour. Which is probably why that bottle of perfume you gave your sister-in-law last Christmas is still sitting unopened on her bathroom shelf. The only person who can pick the sexiest perfume for you is you. Just as we pick a fragrance to match our own odour - sort

of like matching the wine to the main course - evidence suggests women also pick their partner based primarily on how they smell. Professor Herz says this is because our body odour indicates the health of our immune system and the compatibility of another person's with your own. Women are invested in finding a partner to mate with who will ensure the greatest health possibilities for the child she's going to conceive.' To speed the process along, a woman's sense of smell is 10,000 times stronger when she's ovulating. In 2009, a study by Rice University in Texas even found a woman can tell a man is attracted to her by the scent of his sweat. When I first met my husband six years ago I loved catching a little whiff of his aftershave (Davidoff Cool Water), but what I was probably picking up was a cocktail of that aftershave and his natural scent.

For all single men reading this wondering if they should up their eau de toilette ante, Herz makes the point that there is no 'Brad Pitt of scent' - all of us will have a smell that someone out there finds pleasurable. You know that quote from Hamlet, 'There is nothing either good or bad but thinking makes it so? This is never truer than with fragrance. There are no intrinsically 'good' or 'bad' smells; rotten garbage smells bad and roses smell good due to the learned association that one is dirty and one is pleasant. 'We learn to smell during our development,' says Thierry Audibert, head of fragrance, science and technology for Givaudan, the £10 billion Swiss company that supplies fragrances to everyone from perfume houses to washing powder companies. How we learn to smell is heavily influenced by culture. In the Mediterranean, for example, the scent of orange flowers has a particular emotional response that it wouldn't have elsewhere,' says Audibert. Herz backs up this point in her book by discussing the cultural disparity between 'good' or 'bad' smells. The scent of a cheese toastie might say 'cosy Sunday evening in' to some, but a lot of Chinese people - many of whom have been found to find the smell of cheese repulsive - wouldn't agree.

But is there one single fragrance out there that everyone - whatever country, time or culture they happen to be from - is programmed from their earliest moments to find pleasurable? Well actually, there is. And it's vanilla. Why? Vanilla is the dominant scent of breast milk and formula, indelibly linked to nurture and early feelings of security. And no surprises it's a key ingredient in some of the biggest-selling fragrances of all time, from Guerlain's Shalimar to Chanel No 5. Oh, and it just so happens to be a base note of a certain Lynx body spray my old boyfriend used to wear... 🛘

From top, Chloé Eau De Parfum, £58 for 50ml, Chloé (0800 083 6312); Always Red, £54 for 100 ml, Elizabeth Arden (elizabetharden.co.uk); Musk De Cartier, £105 for 100 ml, Cartier (cartier.co.uk); Modern Muse Le Rouge,£64 for 50 ml, Estée Lauder (esteelauder.co.uk); Donna, £97 for 100ml, Valentino (harrods.com); Marquetry,£118 for 100ml, Etro (harrods.com); La Vierge De Fer, £88 for 50ml, Serge Lutens (boots.com); Mon Exclusif, £105 for 50ml, Guerlain (selfridges.com); 24k Brilliant Gold, £58 for 50 ml, Michael Kors (boots. com); Live Irresistible, £75.50 for 75ml, Givenchy (01932 233 824)





and products you need to see you through the coming season

#### WUNDERBROW

# TAKE A BROW

Eyebrows are always big news on the runways with the 'Cara' still the shape du jour. Defined brows add structure without the need for lots of contouring. **Pro tip** It's fine to pluck stray hairs but fill your brows before you do to deter you from over-plucking.

1-Step Brow Gel 5ml (in 4 colours), £19.95, Wunderbrow (boots.com)



# **COMFORT BLANKET**

Winter is the time to switch your skincare for cocooning formulas that help to protect against the elements and the drying effects of central heating.

Pro tip Don't rub moisturiser in – instead apply it to your palms and pat it onto your face. This method helps to boost circulation.

Nourishing Ultra-Rich Cream 50ml, £46.50, Eisenberg (boots.com)

# LET'S FLYAWAY

Baby hairs have become trendsetters in their own right thanks to an abundance of windswept 'dos on the catwalk.

Modernise your topknot with a generous spritz of surf spray to create a beautifully tousled texture.

Pro tip Backstage hairstylists lightly rubbed balloons over the models' hair to give a halo of flyaways.

Surf Spray 125ml,£22, Bumble and Bumble (boots.com)

# RUSH OF BLUSH

Outdoorsy flushes are all the rage for a/w 2015. The key is to pick a shade that mimics the way that blood pools to the surface of the skin, so go for a blusher that has a red tone to it.

Pro tip Placement is everything. Go low for a more realistic gym-bunny flush.

Le Blush Crème de Chanel in Chamade, £28, Chanel (boots.com)



# **CURRANT CRUSH**

ESTEELAUDER

Dark, wanton lipstick hues were spied all over the a/w 2015 catwalks, from blackened raspberry to deepest darkest blackberry.

Pro tip Thin lips? You can still go dark – once you've applied your lipstick, use your finger to press a slightly lighter colour in the centre for the illusion of a plumper pout.

Pure Color Envy Sculpting Lipstick in Brazen, £25, Estée Lauder (boots.com)

# SCRUB UP

Winter weather can play havoc with our complexions and dryness equals dull skin, so make sure you slough off dead skin cells. Choose a powder that gently exfoliates to reveal a brighter complexion.

**Pro tip** When using a manual exfoliator apply with your little and ring fingers to avoid scrubbing too hard.

Facial Powdered Exfoliator 75g, £18.99, Indeed Labs (boots.com)

# OTTO STORES

# FIND ALL YOUR NEW-SEASON BEAUTY UPDATES AT BOOTS STORES

Head to your nearest Boots store today for the hottest must-have products for the new season. All products featured can be found at boots.com/instyle. Order online by 8pm and collect for free in store after 12pm tomorrow. Geographical exclusions apply. Monday to Saturday. See boots.com/ordertodaycollecttomorrow.



# Prescription skincare without the prescription



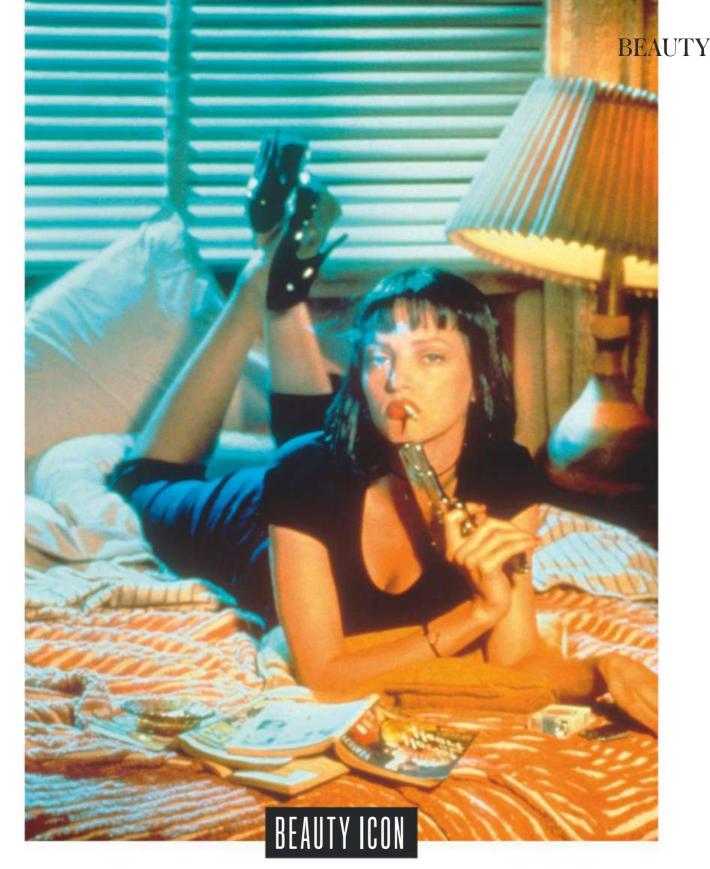
# Cetraben

A unique formula that's helped millions manage their dry and eczema-prone skin, proving so popular that 96% of people would recommend it to a friend<sup>1</sup>. And now it's available without prescription from major retailers as well as pharmacies. So you can easily get the same high quality care for your skin, without a visit to the doctors.

www.cetraben.co.uk

As close to your skin as you are.





# Mia Wallace

This may be an homage to the impossible coolness of 'Mrs Mia Wallace' in Tarantino's 1994 box-office smash Pulp Fiction but, before we begin, we'd like to acknowledge our slightly so-wrong-it's-right crush on Vincent, played by a paunchy John Travolta. There. We said it. Back to Mia. This is a woman who might OD from time to time, but you'll never find her with spinach in her teeth. No, Mia oozes cool (she made sales of Chanel's Rouge Noir go through the roof) and her vamp look is still relevant today. 'This is a bold bob,' says celebrity hairdresser and co-owner of Lockonego, Jonathan Long. 'The cut brings a modern and dramatic twist to a classic style, and the blunt fringe accentuates her eyes. Apart from the colour, it's a look that most face shapes can pull off.' Our favourite Mia insight? 'Isn't it more exciting when you don't have permission?'



9 out of 10 pharmacy professionals would recommend Dermalex Eczema<sup>3</sup>

Available at:

LloydsPharmacy













# 10 WAYS TO SAVE THE PLANET



Stressing about your beauty footprint? Relax! There is a way to do good, look good and save money



#### **GET IN THE TUB**

CARA DELEVINGNE

Bath selfies are the new thing. Everyone from FKA twigs to Miley Cyrus and even Ricky Gervais are taking them. On average, baths use up less H<sub>2</sub>0 than power showers, so get soaking and then get snapping.



## **DUMP THE PUMP**

Avoid pump bottles - you can never get to the bottom and the metal springs make them nonrecyclable. There are many good brands in squeezies - try Balance Me **Protect and Shine** Shampoo and Conditioner (£10 each, balanceme. co.uk) - you can get out every last drop.



## MAKE A MICRO CHANGE

Did you know there's an app that detects if your face scrub has plastic micro-beads? (Micro-beads are so tiny they escape the sewage systems and wind up in the oceans, upsetting the fish.) 'Beat the Micro Bead' scans your product and lets you know if it's free of plastic beads. Sukin Revitalising Facial Scrub (£8.15, hollandandbarrett.com) passes the test.



#### **RECYCLE THAT POT**

Think you've finished a product? Think again about how you can reuse it. Molton Brown Vintage 2015 With Elderflower Candle (£36, moltonbrown.co.uk) makes the most beautiful pencil pot, and Origins Three Part Harmony Nourishing Cream (£60, origins. co.uk) can be returned to the counter to be recycled.



### **DITCH THE FOILS**



Minimise your carbon footprint as well as your bathroom shelf with a multitasker like coconut oil. Suki Waterhouse reportedly uses it on her face, Miranda Kerr slathers it on her hair and Emma Stone mixes it up as a hand cream. Vita Coco Coconut Oil (£9.99. boots.com)

# swoon

## **MAKE IT TO THE END**

Research from skincare brand ROC has revealed that women aged between 20 and 65 in the UK waste £400 million on unfinished beauty products every year! Don't give up on that last bit of your favourite lip gloss. The clever Universal Lip Gloss Scoop & Applicator from Swoon (£10, victoriahealth.com) may look scarily like something out of CSI, but the flexible head and extra-long applicator neck mean it can extract every last remnant. And don't just use it on your lip glosses - it can scrape out the remains of most containers.

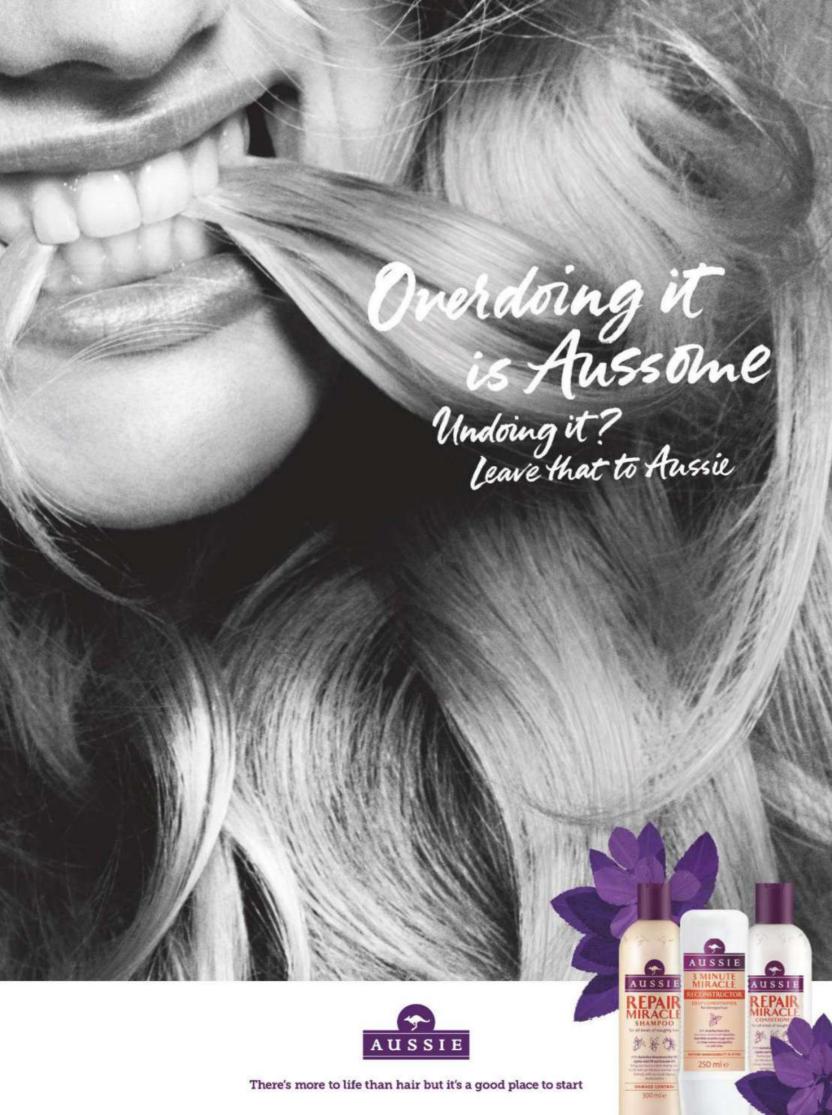
#### **KEEP IT DRY**

You know that guilty feeling you get when you use an aerosol? For dry shampoo addicts, there is a solution: Lush No Drought **Dry Shampoo** (£6.95, lush.co.uk). Sprinkle the powder over your parting and massage in with your fingers. It's great for finer hair as it adds mega volume, and you save on water too.



Speed through a packet of cotton pads a week? Feel like you're literally chucking money away? Invest in the new Clinique Take The Day Off Cleansing Cloth (£6 for two, clinique.co.uk). It goes in the wash, not the bin.





# #ASK GEORGE

He's Alexa and Rosie H-W's go-to hair guru and our resident beauty columnist: **George Northwood** is here to solve all your grooming dilemmas

**( )** I dye my hair (mostly to cover those pesky greys) but my roots are already starting to show and I've got a couple of weeks before my next appointment. Help! LOUISE, BIRMINGHAM

Hmm. It depends on what kind of roots we're talking about. Madonna rocks a really good dark root, and I love SJP's dark roots and lifted ends. But grey hair? I get it. Get yourself aroot touch-up kit - they range from liquid pens and hair mascara to dry shampoos with colour pigments and powdered compacts. One of my girlfriends swears by this emergency trick – just use a regular black/brown mascara to brush through your greys. But do me a favour, and don't pluck them. They'll grow back upwards and stick out. If you're feeling really brave, grow them out - grey hair is having a bit of a moment, so take full advantage!

# **INSTYLE LOVES**

Airbrush Root Touch-Up Spray in Blonde, £25 Oribe (spacenk.com)



Root Vanish in Dark Brown, £30, Kazumi (boots.com)











I keep hearing about the lob and fancy going for the chop, but I've got quite a round face so I'm not sure it'll suit me. Do Hob or not? CHARLIE, SUNDERLAND

The good news is there's actually a bob for everyone – we just have to find yours. If you have a round face, the most important thing to remember is, walk away from the fringe - it'll cut your face in half and won't do you any favours. So keep the bob collarbone length. If you've got quite a strong jaw or nose, you can still rock a bob, you just need to keep it soft. Rosie H-W's suits anyone, even those with hard features, so that's the one to show your hairdresser. Girls with curls can do it too - yep, seriously. You'll just need to keep it longer so it's beachy rather than a 70s perm.

## I'm growing my hair but split ends have started to show. How can I keep it looking healthy? ROSIE, SOMERSET

I'm going to nag you to always use a hair SPF in the summer because the sun makes split ends worse. And if you want to impress me even more, wear a hat. For damage limitation, smother Pureology's Strength Cure Split End Salve (£16.90, pureology.co.uk) on towel-dried hair and again when it's dry. It helps to keep ends smooth and strong. If you have highlights, your ends will need extra care as bleach and growing hair are not good friends. Heated tools are a no-no. I know, it's a tough one. Try to use them once a week max, with protection spray. Once a month, spoil your INSTYLE hair with a mask. Sit in LOVES the bath with a glass of







WEET YOUR HAIR QUESTIONS TO @INSTYLE\_UK WITH #ASKGEORGE

wine, let the steam open

the cuticles and prepare

# Sssssshhhhhh!

# Keep it down.

There's an Aussie girl nearby who's been burning both ends of several candles.

You'll easily spot her. A bit sleep deprived.

But with hair that's wide-awake

and as **fresh** as a field of well-rested daisies.

How's that even possible? Aussie's

Repair Miracle collection, that's how.

Even if you've been up

to the unmentionable (we won't ask),

these hair-rehab miracles,

will sort out your do in no time.

So go on. Find Your Aussome.

It's what all the best Aussie girls do.

#FindYour Aussome



There's more to life than hair but it's a good place to start







HAT DO YOU THINK MAKES A WOMAN SEXY?

'When she's not afraid to be herself. As a kid, I was always scared of being different, but now I don't care what people think - we're all different. I wouldn't say I'm super-confident, and I'm certainly not perfect, but I'm fine with who I am. I try to be kind to myself."

### SPEAKING OF DIFFERENT, YOU DYED YOUR HAIR BLUE FOR BLUE IS THE WARMEST COLOUR, DIDN'T YOU?

'Yes, it ruined my hair! I quite liked the blue, but all that colour really damaged it, so now I take supplements called Forcapil to help keep it healthy.' HOW ELSE DO YOU STAY HEALTHY - ARE YOU ON SOME KIND OF BOND GIRL DIET?

'Not at all. I'm a true gourmand. I really love to eat - especially things like cheese and red wine; I'm French after all. And I also have a passion for beer. When I'm feeling a bit stressed, chocolate is great as well, although I try to keep a good balance. It's difficult, though, as some actresses are so very

slim, but for me it's not the case. Sometimes, it can be hard being self-conscious. I do try and exercise as much as possible with my coach - I like to run, and I do exercises for my arms and legs but it's difficult on long days of shooting, so I'm not as regular with my sessions as I should be.' A GIRL AFTER OUR OWN HEART! WE'RE

### **GUESSING THE RED CARPET IS PRETTY** PRESSURISED, TOO?

'Yes, but I love the transformation, so I always get really excited. I like being a princess for a short moment. It's also nice to be able to play around with different looks and try things I wouldn't normally do myself. I've got an amazing hairdresser in London who colours my hair for films and helps to transform me.

### WHAT ABOUT SKINCARE? IS IT HARD TO **ACHIEVE THAT HOLLYWOOD GLOW?**

'I try to look after my skin. I love Sisley oils and moisturisers, and I'm really into facials. When I'm in London, a woman called Adriana comes to my house and she does the best facials - they're crazy

good. The weirdest treatment I've ever had was at the Imanta Resort in Mexico. We were in the middle of the jungle and I got wrapped in aloe vera leaves. It was a great experience.'

### DO YOU MIX THINGS UP WITH YOUR FRAGRANCE CHOICES, TOO?

'I often have different scents for the different characters I play. And I love the way that fragrance can be a social thing. It's a way of taking care of yourself and interacting with others around you - it's almost like a sign of politeness. I really like strong perfumes. When I'm feeling a bit retro, I tend to wear ones full of patchouli, because it's such a 70s scent. Perfume is so evocative; my mum has always worn the same one, and whenever I smell it on someone it reminds me of her.'

### ANY TIPS FOR TRAVELLING?

'Drink lots of lemon juice. I'm talking real lemons, though - not the artificial stuff. Just squeeze one into some water and drink it as often as you can. It's amazing for your skin - you can almost see it becoming brighter.' >



PROFESSIONALS. AT YOUR FINGERTIPS.



Back to her roots here, Léa

sports a tousled updo and

a chic, black feline flick.

### 2015

Red carpet meets La Dolce Vita – a crimson pout worthy of Sophia Loren.



**FACIAL OIL** 

### POWER POUT

'Red lips are great for events. It's nice to have fun with make-up and I think that a strong lip can feel quite playful. Nars does some good cherry shades.'

### EXPERT EYE

'I'm a real fan of eyeliner, but I don't know how to apply it, so I always ask a make-up artist to do it if I have an event.'

### MANE MAN

'I love the hairdresser Christophe Robin. I think he has a salon in London, but I always see him when I'm in Paris. I use all his products on my hair - they're amazing.'

### SKIN SAVER

'I like a moisturiser with an SPF in it, and Trish McEvoy Beauty Booster Cream SPF30 gives a nice glow.'

### HAIR ESSENTIALS

'Rose and almond are two of my favourite scents. I'm obsessed with the hair range Opalis - it smells gorgeous.'

### CLEAN SWEEP

'DHC is a Japanese brand that I like - especially the cleanser, as it's gentle but effective.'

### ON THE SCENT

'Prada perfumes are awesome. My favourite has to be the original Candy, as it's full of personality.'

### LÉA'S MUST-HAVES

With rocks like that, you need to balance them out with some seriously winged liner.

> FRAGRANCE Candy EDP 50ml,

£60.50, Prada

(boots.com)



**LIPSTICK** 

Semi Matte Lipstick in Red Lizard, £20, Nars (narscosmetics.co.uk)



Studio 54 meets Breakfast At Tiffany's. Or is it more bling Frozen? Love it.



### **EYELINER**

Maestro Liquid Eye Liner, £23, Giorgio Armani (armani beauty.co.uk)



**MOISTURISER** 

Beauty Booster Cream SPF30, £70, Trish McEvoy (selfridges.com)



### MY FITNESS RULES

Christy Turlington

Marathon runner, yoga bunny and boot camp devotee
Christy Turlington talks stretches, SPFs and Epsom Salt



SPF50+, £15.80, Bioderma (feelunique.com)

### 'I RAN THE LONDON MARATHON THIS

YEAR so I had to train loads. Mondays and Fridays, I worked out with my trainer at a gym in New York called Soho Strength Lab, doing a lot of TRX type exercises and running on a curved treadmill. Then in between I'd run up and down the stairs, do yoga and go to Barry's Bootcamp once a week to build up my strength.'

### 'THE CLASSES I DO FOCUS ON THE BACK,

CHEST AND ABS, including plank poses, side planks and other core strength exercises, as well as running workouts. I enjoy it and it makes a massive difference to my speed training. It meant I ran the marathon in three hours and 46 minutes -17 minutes faster than I was hoping to.'

### 'THE BEAUTY OF RUNNING IS THAT YOU'RE

FREE - a pair of trainers is all you need. When I was in Tanzania recently, I took my trainers everywhere. I always wear Brooks trainers and Zella sports gear. And I love Balega socks. They're super soft and cushiony, which is really important for running. When I'm preparing for a race, one of my treats is to get new Balegas.'

### 1 ALWAYS STRETCH AT NIGHT SO I SLEEP

BETTER. I'm a yogi, so they're mostly yoga positions and running stretches like pigeon pose. Hove sleep but I get so much energy from all of the fitness I do that it takes a little time to wind down. I'm never as zonked as you'd imagine.'









**VEST** 

£26, Zella (nordstrom.com)



'WHEN I RUN IN NEW YORK, I ALWAYS CATCH

THE SUN - even when there's snow

- so I make sure I wear Bioderma sunscreen.

And I love any lip balm that feels rich, because

my lips get really dry when I'm outside for ages.'

'THERE'S NOTHING QUITE LIKE THE MIND,

**BODY AND SPIRIT CONNECTION I GET WITH** 

so it's nice to nourish from the inside out. I always take Imedeen for my skin, nails and hair. It's something I do no matter what, so my hair

YOGA. I never work out to

my own breathing to help

music - I like peace and quiet.

When I'm running, I find hearing

keep my pace is very meditative.'



(imedeen.co.uk)



Photoderm Bronz Invisible Mist SPF50, £19.20. Bioderma (feelunique.com)



PERIODICALLY, which I've done for over 20

years. It could be juices or it could be eating a cleaner diet of just simple veggies and some protein with very little olive oil or salt.'

### 'I ALWAYS TAKE AN EPSOM SALT BATH

AFTER A RUN. You have tons of endorphins and energy after something like that, or at least I do, so I like to take a long bath.'

### 'TO ME, ATHLETES ARE THE PINNACLE

OF HEALTH. I find them really inspirational.

Even in my early days as a model, I would look at people like Venus Williams and think,

"Wow, they're so strong."

**BATH SALTS** £4.99, Westlab Pure Mineral Bathing (boots.com)



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**TRAINERS** 

running.com/uk)

10, Brooks (brooks



AT SEVEN SEAS WE BELIEVE: AGE. IT'S JUST A NUMBER.







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### SEASONAL SKIN SOOTHER

'When skin is dry from the cold, it's important to eat vitamin E to encourage more sebum production,' says Shaw. 'A handful of almonds will do it.' But you don't have to nibble nuts all day. 'Make your own almond butter,' she says (less time-consuming than it sounds). 'Then mix a tablespoon with almond milk and a banana for a breakfast smoothie.' Easy.

### SPARKLING EYES

Overindulgence (we're talking processed grub, alcoholandsugar) will afffect the brightness of your eyes, but antiinflammatoryfoodscan change them back to brilliant white. 'Stock up ongingerandturmeric touse in curries or soups,' recommends Shaw. 'As turmeric has a mild taste, you can even mixit in water and drink it.'

### **BUST THE BAGS**

Eat more kale, says Shaw. Yuk, why? 'Those under-eye circles – so exaggerated at this time of year – can be linked to vitamin K deficiency,' she says. 'Top up by adding kale to salads. If you don't like the taste raw, you can eat it cooked and still see the benefit,' she continues. But the best answer to dark circles? 'Sleep and learning to switch off.'

### **BEAUTY BITES**

If you survive the colder months by drinking cinnamon lattes, beware. 'Coffee stains the teeth. so make sure you brush straight after drinking a cup if you want to keep them white,' says Shaw. 'For an alternative, Irecommend greentea, which gives a caffeine hit, ortry dandelion tea-it's caffeine free but looks and eventastes a bit like coffee.'

### SPOT ZAPPING

Skinsufferingfrom breakouts? Zinc-rich pumpkinseedsarethe new teatree oil. 'If you have acne, try eating morezinc, asit's an antiinflammatory,'says Shaw. 'Several studies indicate it may reduce a cne.' Take that, antibiotics! Tryzinc supplements, or 'you can get plenty from oysters if you're feeling extravagant', says Shaw.

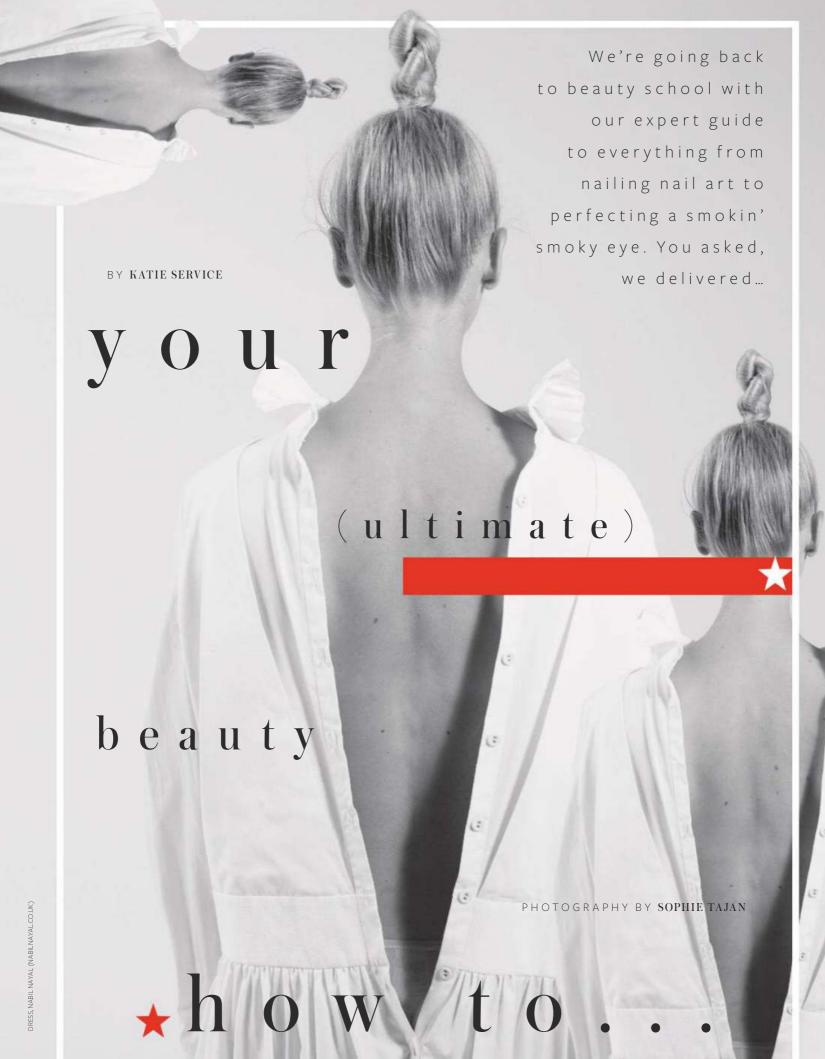




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central panel of your hair.



Continue, picking up new hair from either side as you go. SECURE Tie your braid at the end for a sporty look or at the nape of the neck for a romantic feel. Invisible elastic will keep things streamlined. FINISH If hair is still damp,

Clear Snagless Hairbands, £6.50,

Hershesons (hershesons.com);

sectioning comb, £3.99, Trevor Sorbie

(trevorsorbie.com)

give it a once-over with the lowest setting on your dryer.

Braiding: an average of 396,440 searches per month

wind that under the original.





## h o w t o . . . m a x o u t y o u r e y e l i n e r

THE BACKSTORY 'Black liner can be anything you want it to be,' explains Andrew Gallimore, Nars' UK make-up artist ambassador. 'It can have a retro 50s feel or that punk graphic vibe. Or indeed anything in between.' The basic function of the feline flick is to slightly elevate the eye – it makes your lashes look thicker and highlights the natural line where your lashes curl up. Mr Gallimore tells us how to get it right.



**INSIDE OUT** 'Generally, you want to start in the inner corner, stroking the product (I prefer a gel liner) along the lash line. Then paint from the outer corner in.'

**BRUSH UP** 'I like to use an artist-style brush with pointed 1cm-long bristles. If it's the right shape, you can literally press it against the skin like a stamp. If you're not too handy with a brush, then a product with a built-in applicator nib does the job, too.'

**EYES OPEN** 'I always suggest figuring out the placement of the flick with your eye open if you can – or at least keeping it open to sketch the right angle.'

**LASH LAST** 'Leave curling your lashes and applying mascara until the end so that your eyeliner runs smoothly through your lash line obstacle-free.'

**DAMAGE LIMITATION** 'Keep some pointed or hard cotton buds and an oil-free make-up remover close by for on-the-go sharpeners when you smudge your liner.' **FAVOURITE LINER'SPIRATION** 'Beth Ditto rocks a fabulous oriental flick.'

Could your eyes use a lift?







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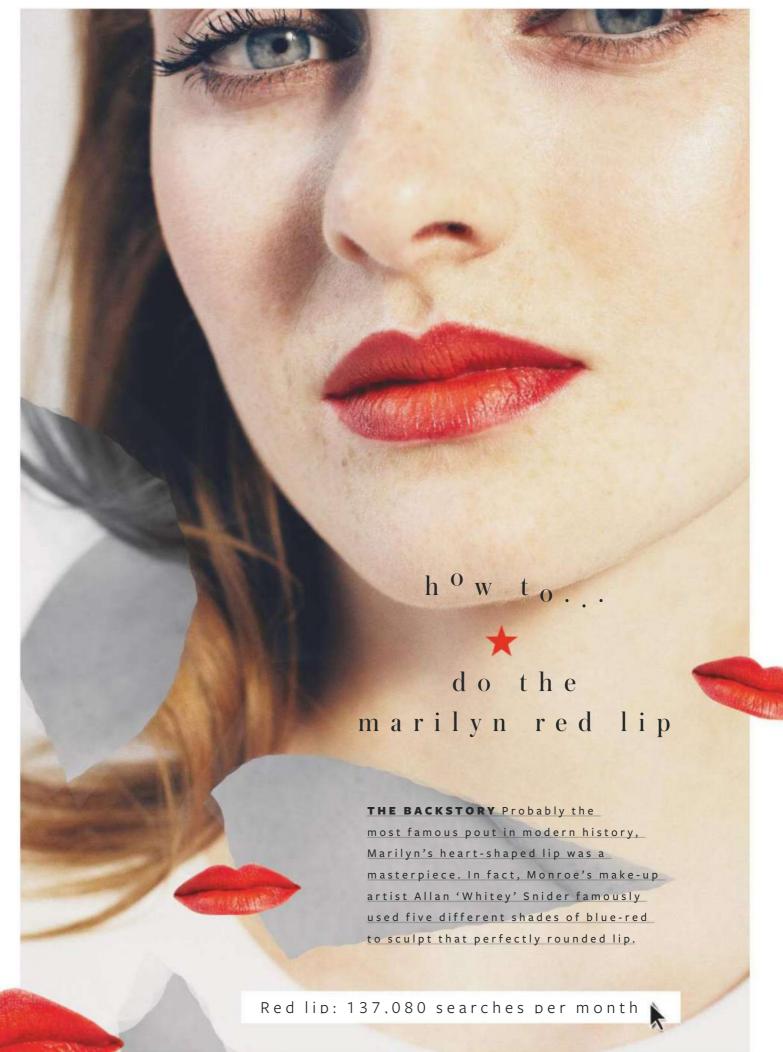












### **BEAUTY**



PREP Create a perfect canvas using a sponge and some creamy concealer to take your natural lip line down a notch. **LINE** It may have gone out of fashion in recent times, but lip liner is the most incredible thing - you can realistically cheat your way to lips twice your natural size with the right one (beat that Kylie Jenner). Start with the 'V' of the bow before sketching in smooth strokes to the outer corner of the mouth, wandering slightly over your natural lip line, and repeat on the bottom lip. Next,

fill in the entire shape (this will act as your base, and will add depth and make the colour last longer). But mind the gap - your liner should cover the entirety of your lip, even the innermost corners. When you open your mouth wide, you should see a perfect 'O'.

COLOUR Now it's time for the lipstick. As you already have the perfect base in place, you can apply straight from the

bullet - freehand. Have a few cotton buds dipped in moisturiser to hand, in case you stray over the line.

**PLUMP** All looking a bit flat? Add another dimension by pressing a bright orangered pigment into the centre of the lower lip. It will make your pout look fuller.

HIGHLIGHT An old-school trick Monroe used is to apply a 'V' of highlight just above the top lip line. Too theatrical for a night out? Modernise by simply highlighting the Cupid's bow with a touch of gloss.

YOU WILL NEED









BEST ADVICE WE'VE EVER HEARD



'Instead of trying out a lip colour on the back of your hand, switch it onto your fingertip it's closer in texture and colour to your lips'

### **CHARLES WORTHINGTON**

LONDON



- ✓ Instantly enriches hair colour's depth and tones
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**F** 0 @CWHairLondon













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here's no doubt, REN's combination of hi-tech formulas and the purest ingredients has given it something of a cult status. Using only skin-friendly ingredients derived from plants and minerals for a healthy complexion that looks younger for longer, it's no wonder the brand has become a favourite with beauty editors since its launch in 2000. Cue a fresh line of cleansers, moisturisers and anti-ageing products perfect for prepping your skin for the winter months.

Now, InStyle readers can get 20 per cent off the entire range at Renskincare.com, including

REN's new Wake Wonderful Night-Time Facial (£32). This all-in-one treatment exfoliates, revitalises and plumps the skin while you sleep to leave it looking brighter and more even-toned the next day. The product works in three ways. First, the exfoliating effects of the acid and enzyme complex start working as soon as it's applied to the skin. Next, glycogen and magnesium take over to revitalise and boost skin-cell vitality. And finally, sodium lactate kicks in to gradually raise the skin's pH levels, leaving it infused with plumping moisture. So you wake up to glowing skin.

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To claim your 20 per cent discount, enter the offer code INSTYLE 20 at the check out.

TERMS AND CONDITIONS

Offer on online orders only at renskin care.com until 11.59pm on 30 November 2015. Cannot be used in conjunction with any other offer or staff discount, or exchanged, refunded or transferred. One transaction per household, with £200 maximum spend. The discount is only applicable on REN products and cannot be used with gift vouchers or any other discount offers. One discount code per order. No cash alternative available. Offer subject to availability.







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### BEST ADVICE WE'VE EVER HEARD



'Worried about looking too dark and moody? Add some light reflection with an eye gloss over the lid, as seen at Tom Ford a/w 2015'

**LINE** Let's get technical: a smoky eye is essentially eyeliner that got messed up. Your first step is to use a dark black pencil to outline the eye. The intensity should be along the lash line, and not outside it. Drawing inside the water line is like rocket fuel for a smoky, whereas using a nude liner in the same place will make your eyes look bigger.

**SMOKE** Once you've got the liner nailed you can start playing with powder. Take your eyeshadow and apply along the socket line, joining the end to the outer corner of the eye and keeping the intensity to the outer third of the lid. Then blend, blend, blend.

**SHAPE** Kate Moss may have the perfect almond-shaped eyes for this look, but those with round eyes can still go there. When placing product underneath the eye, hug the lash line tight – any enhancing should be confined to the outer corners to elongate.

**LASH OUT** Mascara maketh the (wo)man and no smoky eye is complete without it. Your top lashes will, of course, need a full Bardot-style coating but don't overlook the lower lashes. They need to be visibly fluttering under the lower line of shadow.

**HIGHLIGHT** Keep the inner corners light. Don't let your dark shadow collect there, instead place a little peachy bronze shadow or gold highlighter in each corner – eye-opening stuff.



Luxury Palette in The Glamour Muse, £38, Charlotte Tilbury (charlottetilbury.com)



















Smoky eye: almost a million and a half searches in six months

### $h^{o} w t_{o}$ .



### contour like a kardashian

THE BACKSTORY Contouring has been around for years - certainly a long time pre-Kardashian klan. Contour make-up is a flat, matte grey-brown powder or cream designed to replicate the natural shadow that your bone structure creates. Not to be confused with bronzer, which recreates sunkissed skin and often contains shimmer.





**DEFINE** Where to start? The easiest place is by sucking in your cheeks. Using a matte grey-brown powder and a medium-sized sculpting brush, fill in the hollow from the mouth to the hairline and always sweep up (never down) into the hairline.

to sit on top of your cheekbones (a cream will look more realistic than a powder for this). Blend the two together into a seamless gradient - if you can see any lines you've not blended enough.

**CONTOUR** Add dimension to the rest of the face by applying your contour powder above each evebrow arch and

brushing upwards into the hairline. It's a good trick for shrinking the forehead.

REFINE For all the fiddly areas, such as down the side of the nose and along the eyeline, work with a contour pencil stick.

Don't be tempted to draw a straight line down the nose (you'll end up with an obvious stripe), instead apply a dab at the bridge and another at the tip.

**SCULPT** Chiselling your jawline is addictive. To avoid the mud-mask look, keep the shadow under the jaw, rather than along it. Also check yourself in different lights.

**BLUSH** The finishing touch? Add a dash of peachy-pink blusher to the highest points of the cheeks, where your shadow and highlight meet – you'll look less monochrome.





THE BACKSTORY £245 million tells us how much we love our nails (as if we didn't know). But what we love even more? Being able to recreate the Instagramable designs we go to the salon for in our very own home.

BEST ADVICE WE'VE EVER HEARD

'When your nail bed is hydrated, it sits flatter and will be easier to paint. So the best time to experiment with nail art is straight after a bath'



Nail art: 11 searches a minute, on average

PREP It's never advisable to start attacking your own cuticles but if you haven't had a mani recently, massage a softening nail oil into your cuticles and press them back gently with a cuticle stick. Gently. The more space on your nail bed, the bigger your canvas.

SHAPE Keep it
natural. Short and
rounded to mimic a
half-moon shape is
the most flattering
- the combination of
long nails and nail art
can feel a little too
ghetto-fabulous.

cheat it Let's be honest, nail art is fiddly, so if a cheat version exists then take the shortcut. If it's stripes you want, opt for ready-made striping tape. Want to paint perfect circles or half moons on your nails? Use hole punch re-enforcer stickers as stencils.

### PERFECT IMPERFECTIONS

Not every nail has to be the same.
The beauty of this season's geometric nail trend is that stripes, tips and lines all look great going in different directions.

### LESS IS MORE

You will have heard of 'negative space' (if not, where have you been?). Simple designs, such as crosses and diamonds, on a naked nail look super chic. Or, why not try #stroking? Wipe the excess polish off the brush until it's almost dry, then drag over a nude nail for an arty, brushstroke effect.

**TOP IT** Seal everything with a gel-effect top coat – it will help even out any bumps, as well as make your design last longer.

Gold Nail Foil from The Nail Edit Liquid Metal set ,£23, WAH London (boots.com)

Nail Art Striping Tape, £1 (amazon.co.uk)

Botanical Nail Lacquer in l'Encre de Seiche, £11, Soigné (soignenails.com)

### Clear out? Or work out?

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Always read the label



Featherweight Luxe 2I Dryer, £195, T3

(t3haircare.co.uk)



PREP To get the most out of your blow-dry, your hair needs to be fully loaded with the right products.

yer with

.h out the hair

.d brush. (Tip: the

er the drying time.

. minutes.)

DRY Starting wi'

four-inch ser

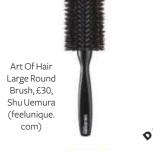
pull taut

pointi

tal **GET KITTED** For the ultimate blowout, you'll need a dryer with multiple heat settings, a nozzle (this will help smooth out the hair cuticles), a sectioning clip and, of course, a round brush. (Tip: the bigger the surface area of the brush, the faster the drying time. Brushes with vents also shave off precious minutes.)

SECTION Rough-dry hair until it's 80 per cent dry. Then divide into three sections: top, middle and nape, and clip separately.

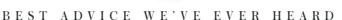
DRY Starting with the bottom layer, wrap two-to four-inch sections of hair around your brush and pull taut away from the head. Ensure the nozzle is pointing down the hair shaft. It's not an old wives' tale - a final blast of cold air will seal the cuticles and add shine. When completely dry, twist into a bun



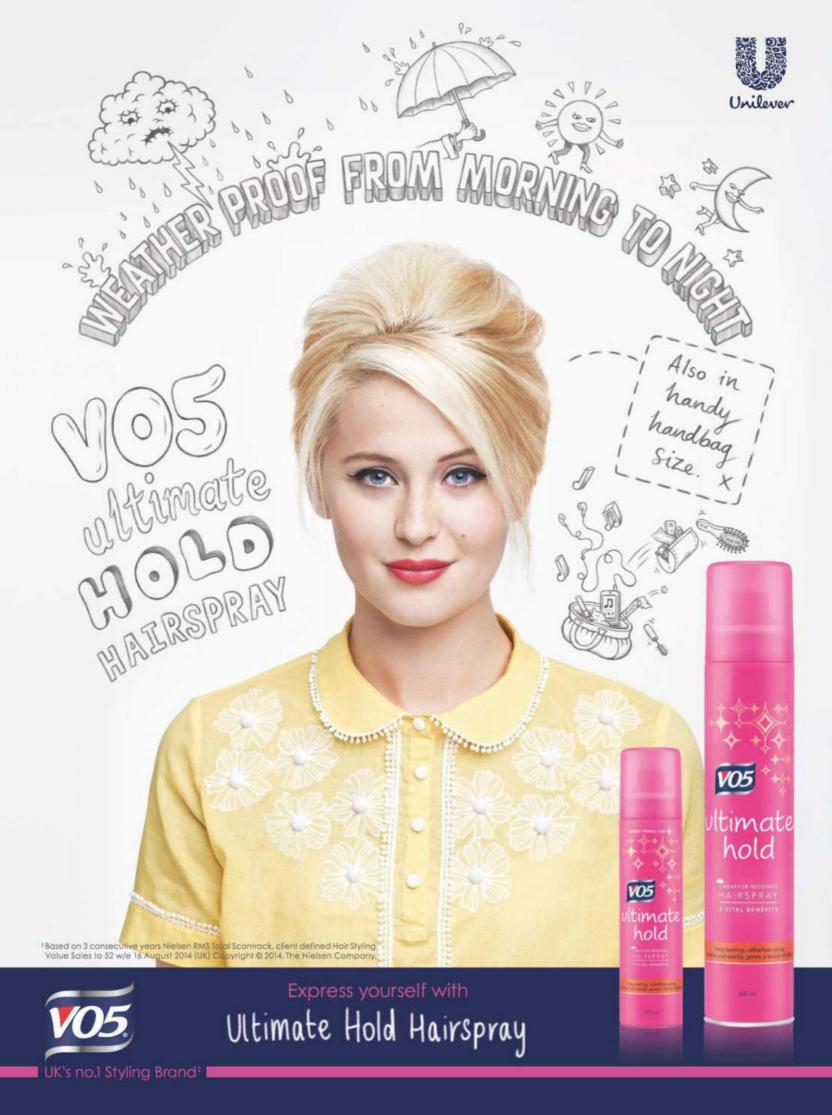
SHAPE For the top section, pull the hair back taut away from the face (as if you're in a wind tunnel), this will give great volume and shape. Got a temperamental fringe? As you hover the dryer over it, brush it all the way to one side, then to the other. Keep switching sides until it starts to take shape.

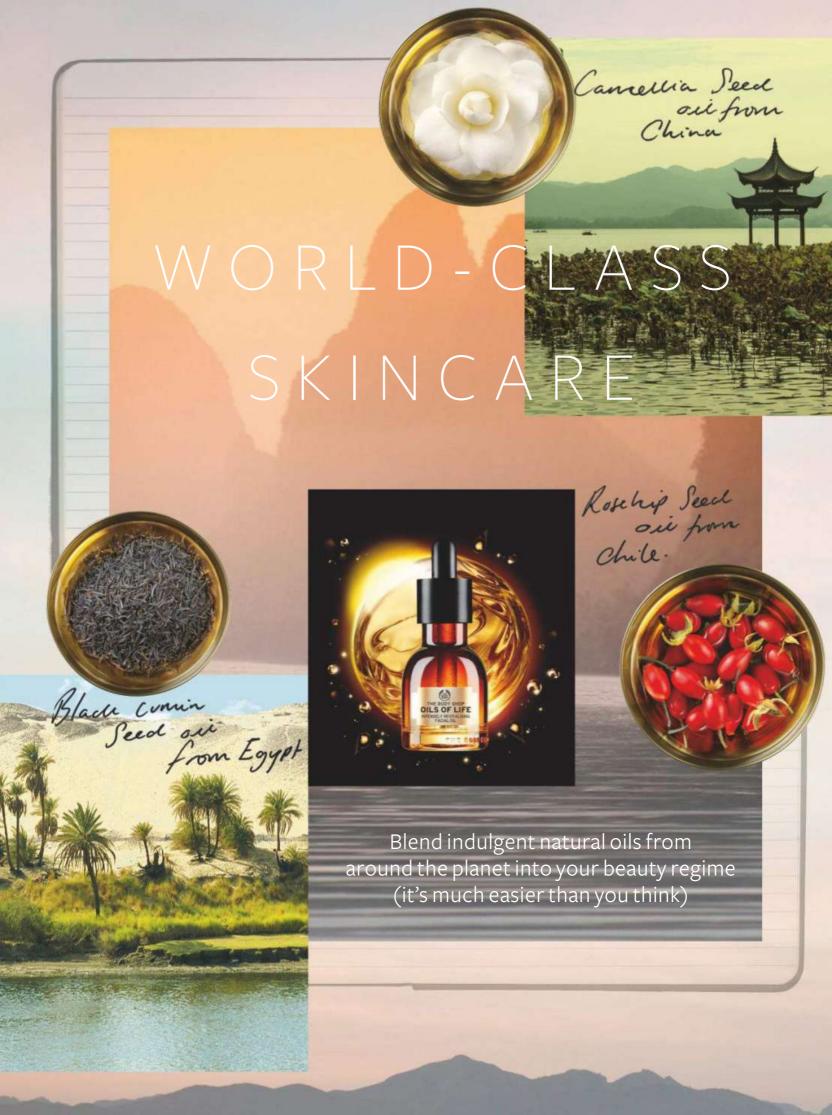


FINISH Shake it out. Your hair needs to be all fluid lines and no defined curls - this ain't Dynasty, people.



'Don't have time for a full blow-dry? Try the "baked bun". Rough-dry hair around 95 per cent, twist tightly into a low bun. Blast on the highest heat for three minutes using a diffuser. When the hair feels cool, release from the bun for loose waves'





ils are having a moment just in time for autumn. With chilly temperatures outside and the radiator to tropical inside, regular day creams are no longer enough to protect skin against these temperature extremes. Oils provide that cocoon of extra comfort and the three seed oils in The Body Shop Oils For Life range, coldpressed to retain more potency, will make the difference between a fresh face and a weather-worn one. Oils are lipophilic (fat loving), which means they get soaked up through the lipid layer of the skin quicker, staving off water loss and keeping skin looking plumper and fresher.

'Seed oils are particularly exciting because their potency provides nutrition and radiance,' explains Dr Terry Loong, global skincare expert for The Body Shop. Sourced from as far afield as China, Chile and the banks of the Nile, these revitalising powerhouses are the holiday your skin so desperately needs – no passport required.

### Good to glow

### Intensely Revitalising Cream, £25

Lost your glow-jo? A healthy dose of fatty acids from camellia seed oil is what you need (along with some antioxidant-packed cumin seed oil and moisturising rosehip for good measure). You might imagine a highly indulgent cream like this would be heavy on your skin, but a pea-sized dollop absorbs quickly and micro pearls boost radiance on the spot. Massage in small upward strokes to aid circulation.



'Oils have become skincare's new obsession: they are incredibly nourishing, ultra-lightweight and quick to absorb' Dr Terry Loong, skincare expert for The Body Shop

### Hit refresh

### Intensely Revitalising Gel Cream, £25

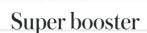
Not everybody loves a cream, however lightweight it may be. Some women are die-hard gel fans and others like to switch to gel when they are travelling, exercising or in need of refreshing. (Keep it in the fridge for added chill factor...)



greaty feel

### Intensely Revitalising Facial Oil, £28

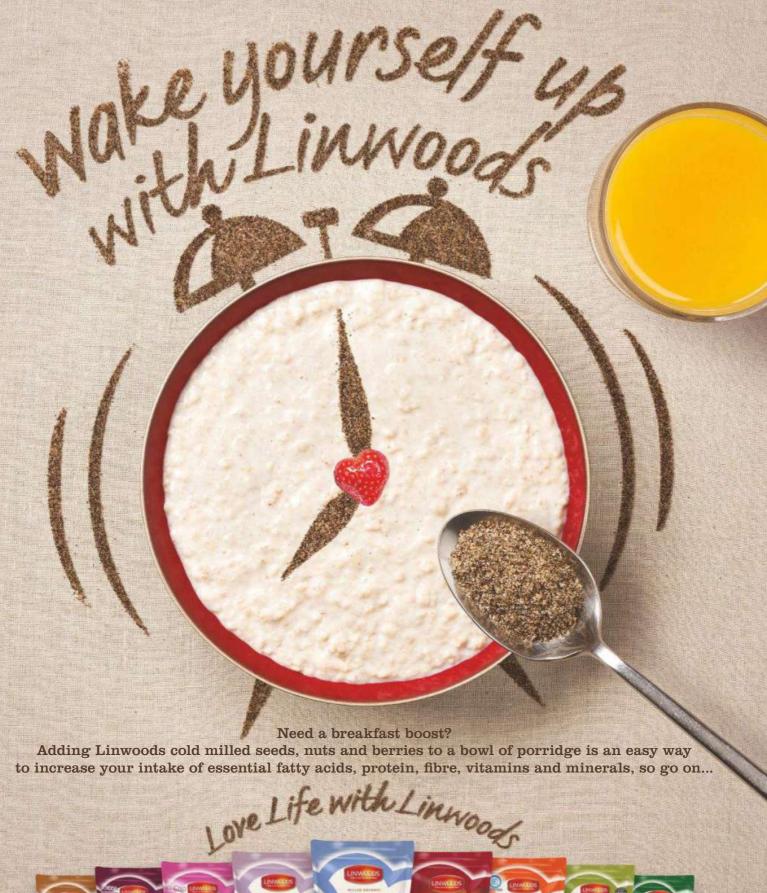
Now that we all understand oil doesn't mean oily, we can get creative with them. Be your own skincare mixologist – wear this lightweight oil alone in place of a moisturiser or as a base for a serum or cream. Want a really great skin day? Pro make-up artists often add a couple of drops of oil to their base creams and foundations for lightbulb-glowing skin.



### Intensely Revitalising Essence Lotion, £15

Not sure what to do with an essence? In Asian skincare regimes, the role of an essence lotion is to prepare the skin to receive potent ingredients – like a super booster. Thanks to the biphase formula, this one combines the freshness of water with the nourishing treatment of an oil. It's comfort in a bottle. Give it a quick shake first, then smooth a few drops over cleansed skin before moisturising.







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# CRUMPETS Française. Française. PRESIDENTE PRESIDEN

A British classic complemented by a French favourite. President butter is so delicious, you won't be able to say 'non' to another.





THE #BUDGETBONFIRE BY DAVID KLOSE OF SMOKESTAK

THE VIBE Your 'what happens in Ibiza stays in Ibiza' summer crew are coming over, but you're still broke from Pacha.

SIP 'Twisted cider. Grab a pot and in goes the cider. Place over the fire. Cinnamon, cloves, brown sugar next. Take off heat. Splash of bourbon. Share liberally.'

EAT 'Take a whole pork belly. Finely mince some garlic with sea salt and throw in a couple of bunches of thyme and rosemary. Rub generously. Get your hands on a wire mesh and suspend over the fire, throw on the pork and turn repeatedly. In a separate pot, melt down some butter with bourbon and brown sugar. Brush and glaze the meat once turned. Serve with coal-roasted root veg. Sorted.



#### THE GOTHIC GET-TOGETHER

BY THE MIGHTY FOOD FIGHT

THE VIBE An excuse to wear that highnecked lace Alexander McQueen dress. SIP 'Blood-orange cocktails. Chop chillies into blood orange juice the night before. Strain, and make a spicy margarita with all the usual suspects, replacing most of the triple sec with blood orange juice.'

EAT 'Roast diced sweet potato with olive oil, sage and dijon mustard. Fry onions, add crumbled tempeh and chopped apples. Throw the onion mixture in with the sweet potatoes and top with crushed almonds roasted in smoked paprika.'



SYRIAN SUPPER CLUB

THE VIBE Your pumpkin carving skills are notching up the likes on Instagram

- but they've got nothing on your Pinterest-planned spread.

SIP 'A sharpener inspired by the flavours of the Middle East. Infuse whisky with cardamom the night before, then add orange juice and a touch of marmalade. Top with oven-dried orange slices.'

EAT 'Chicken shawarma wraps - marinate chicken thighs overnight with sweet paprika, lemon juice and cumin, then brown and roast. Serve with sliced aubergine grilled with mint, chilli and olive oil.'



#### THE SPOOKY FEAST

BY JIM THOMLINSON OF PRAWNOGRAPHY

THE VIBE You're awaiting season 7 of Game Of Thrones so all dinner parties have

taken on a medieval theme. Think melting candles, fake cobwebs and silver skulls. SIP 'Mead. Make your own with white wine, honey, cloves and spices. Serve in pewter tankards - easily found in junk shops. EAT 'Lamb cutlets you grab and eat from the bone with a pine-nut satay for an outdoorsy vibe, or whole guinea fowl alongside huge platters of mixed salads. Whole pork necks marinated in smoked chili and maple will serve up to six people.'



#### life STYLE





@CLERKENWELLBOY

He's the anonymous food-stagrammer whose pics notch up thousands of likes. Here he talks gramming, #selfies and how to get the perfect shot..

Is gramming food a full-time job? No. By day I'm a financial consultant. When I moved to London from Australia with my girlfriend, eating out was our way of discovering the city. I started posting shots to Facebook, then Twitter, then Instagram. I never expected it to take off like this.

Why no #selfies? It's not about me. I get invited to lots of launch parties but I only go if I know people there who already know me. I prefer to do my own thing. And I generally try to pay for my own meals.

So you don't want to be a blogger? I don't have time to set up a blog. Instagram works for me. It fits in with my lifestyle. I take a photo, comment and that's it.

How can we up our likes? Natural light is best so ask for a table by the window. The less filtering the better. I would very rarely stand on a chair to get a shot - there should be some table etiquette.

Do you eat everything you shoot? If I photograph a dish, I'm eating it. But it's all about balance. There are burgers and pizza, but I love cold-pressed juices and almond milk, too.







@TWEETCHLOE **#INSTYLEEATS** 





• t makes perfect sense when Sadie

2 Frost suggests we meet in Primrose
Hill for lunch. After all she was, along with her ex-husband Jude Law, the beating heart of the infamous Primrose Hill set, who turned 1990s partying into an art form. But as she points out in her sweetly breathy voice: 'That was a long time ago. Everyone goes out and has a nice time in their twenties, but you only learn what you actually want in life through living it. Life has taught me to be a bit calmer now.'

We're in Lemonia, a family-run Greek restaurant adored by NW3 celebs - 'I've been coming here for years, it doesn't take hours and it's so local' - where she's greeted like a long-lost daughter by the staff. Sadie is wearing a pretty floral dress from Zadig & Voltaire. She's also nicely golden from her recent 50th birthday celebrations in Turkey, where she visited a health retreat - 'Lots of yoga, with all my best friends,' she says. The holiday ended up all over the papers due to a reported incident involving Kate Moss and the use of the now legendary phrase 'basic bitch'. 'My birthday didn't exactly go under the radar,' she smiles. 'Everyone seems to have an opinion about it without knowing exactly what went on, so I won't go into it. It was lovely though.'

She orders a selection of dishes for both of us: charcoal-grilled halloumi, hummus and aubergine salad. And, mercifully, she's a bread eater. Seriously? 'I'm healthy but I hate people constantly talking about what they can and can't eat – it's such a downer. If I want to dip a little bit of bread into this delicious tahini, why not?' So she does.

She looks a bit stumped when I ask her where she likes to go out to eat. 'Oh god,

hardly ever, I'll go to J Sheekey or Nobu - but I prefer to be at home. Last night I cooked cauliflower steaks with a feta and pomegranate salad for the kids. I love being at home with them, it's like I've created my own little gang.' She proudly thrusts forward a yoga-toned arm (the result of 'exercising four or five times a week') and shows me her collection of tattoos, one featuring the initials FRR - which stands for her sons Finlay (whose dad is Gary Kemp), Rafferty and Rudy (whom she had with Jude Law) - and another a flower for her (and Jude's) daughter Iris. She's keen to emphasise they've all moved on. 'It's always sad when relationships don't work out, but you can't spend the next 20 years regretting something. I saw Gary yesterday in the street - I love him and his wife and his children. And it's the same with Jude he respects me and I respect him. If you're bitter it'll only end up showing in your face,' she laughs, 'and who wants that!'

She orders coffee, Turkish delight and strawberries, giggling to the waiter, 'I can never resist can I?', and talks me through her career plans. She's just done an MA in film, her production company Blonde to Black recently released a thriller called Buttercup Bill, and she's on her way to a meeting with Debenhams to discuss her Floozie lingerie range. Blimey, no wonder she has to get up at 5am. 'I've never done things to be famous; I work hard at normal jobs. Being in the Daily Mail is honestly not what drives me. Besides, I need a project or two to keep me out of trouble!'. Lemonia, 89 Regent's Park Road, London



'She looks absolutely amazing. She's 65 with these incredible high cheekbones. She was dancing away at my birthday - she's a total inspiration.'



#### The tattoo she got at Kate Moss' birthday

'Everyone got a tattoo at Kate's party because we'd had a few drinks! Mine says C and G; it stands for my best friends Collette and Grimmy.'



#### Glastonbury

'Istayed at The Pig with my son Raffy which was amazing. The best thing was being able to watch a gig with your son and him not be embarrassed of you.'



life STYLE

#### Not handling her booze

Ilike to be really on the ball, so even if I've had one glass of wine I panic because I'm not completely focused. If I do drink it'll be red, I can't bear white or rosé.'



#### **Recycling outfits**

'I love Helmut Lang and Saint Laurent, and I like to go for a shop in Liberty, but I recycle a lot of my old stuff and I never have a stylist.

I'm quite sensible.'







## ELLY PEAR

A smashing pumpkin recipe from our favourite food writer/cafe owner

s the days get colder, soup calls loudly to me. It's a cheap, filling, nutritious meal that also freezes well, so you can cook a huge potful and divide it up, ready to defrost and take to work or eat for dinner. Pumpkins come in a variety of flavours: the ones grown for Halloween carving taste of very little, but butternut squash is pretty reliable and that's what I've used here. Also look out for the Crown, Acorn, Uchiki kuri, Baby Bear and Delicata varieties, as they all make good soup. Roasting the garlic makes it super-sweet and smoky and much less pungent than when it's raw, so don't balk at how much you're putting in. Serve this in mugs, at a Bonfire Night party, adding the toppings as you hand them out.



#### SMOKY SQUASH SOUP WITH MASCARPONE

(Serves 5)

1 bulb garlic

Olive oil

1 tsp sweet smoked paprika

1/2 tsp smoked salt

1 tsp dried chipotle chilli flakes

1 tsp cumin seeds, dry-toasted

Water

1 small leek, finely sliced and well rinsed

1 medium onion, finely chopped

350g butternut squash, peeled and cubed

Bay leaf

Black pepper

1 can cannellini beans, drained and rinsed

TO TOP

5 heaped tsp mascarpone A handful of toasted pumpkin seeds Extra toasted cumin seeds

- 1. Pre-heat the oven to 180°C. Cut the top off the garlic bulb and sit it in the centre of a 25cm square of tin foil. Drizzle a tablespoon of oil over it and wrap the foil tightly around it.
- 2. Place on a baking sheet in the middle of the oven for 30-45 mins until it feels really squishy. Remove, loosen the foil and leave to cool.
- 3. Squeeze the garlic cloves out of the bulb into a large saucepan. Place over a medium heat.
  - 4. Add all the spices and stir for about 30 seconds until they start to release their aromas. Fill the kettle and boil it.
- 5. Add another tablespoon of oil, the leek and the onion and stir well. Cook for 5 mins, stirring regularly until the leek starts to soften.
- 6. Add the squash, stir and cook for 2 mins. Just cover with boiling water. Add the bay leaf, season well with pepper, and bring to the boil. Add the beans, cover and simmer until the squash is tender (about 20 mins).
- 7. Remove from the heat and blitz until smooth. Add more water if it's too thick.
- 8. Taste for seasoning (it'll probably need more salt) and serve with a big dollop of mascarpone and a sprinkle of toasted pumpkin seeds and cumin seeds.

AND BEFORE I FORGET ... ELLYS'S EXTRAS



I LIKE TO

roast an extra bulb of garlic, mix with butter and use to make extra special garlic bread.



#### LOOK FOR

top-quality smoked sea salts from Halen Môn or Maldon; their subtle flavour will lift any dish.



#### SWAP

the mascarpone for low-fat natural yogurt if you want a lowercalorie alternative.







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life STYLE

CHIC RETREATE

CHICAGO

Royal Crescent Hotel & Spa, BATH

Four-poster beds, marble bathrooms and library stuffed with books... *InStyle*'s Andrew Barlow got some pre-baby chill time at this dreamy Bath hotel



#### WHAT'S THE VIBE?

Old-world luxury in a smart Georgian townhouse. Just walking into the Royal Crescent Hotel & Spa made us feel like characters in a Jane Austen novel.



You mean what was the Duke of Wellington Suite like? I'm not sure he ever set foot in the room but he would not have been disappointed. Four-poster bed, check. Antique books, check. A huge marble bathroom, check. I'm usually a shower guy (as I'm 6ft 6in) but here in Bath (no irony lost on me), I finally found a tub fit for my frame.



The details. A handwritten name plaque on the suite door. His and hers Floris smellies. The small-scale library of vintage hardbacks – she read *Lorna Doone*, while I lost myself in a compendium of snow globes. Oh, and a Negroni aperitif, which the Campari connoisseur in me judged to be sweet gin perfection.

#### DID YOU EVEN LEAVE THE ROOM?

It took us a while, but hunger got the better of us. And the Dower





House Restaurant was spectacular. We loved the cured smoked sea trout, salt-marsh lamb, and a dessert simply known as 'Strawberry'.

#### DID SOMEONE SAY SPA?

My girlfriend did. In the 32nd week of her pregnancy, she found the midwife/masseuse-led treatment super relaxing, and it proved a *big* success.

#### WHAT ELSE IS THERE TO DO?

There's a pool, steam room, sauna, plunge bath, garden, and that's just at the hotel. Venturing out into Bath itself, 15 doors down you'll find the No.1 Royal Crescent museum, and 10 minutes down the hill is Royal Victoria Park, complete with boating pond and botanical gardens. Or head to the Roman Baths in the heart of the city.

#### FINAL THOUGHTS...

When we get home, we are going to need a bigger bath.

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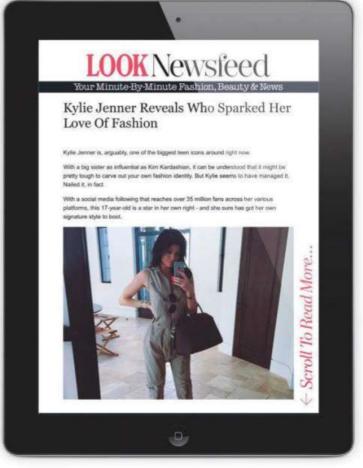
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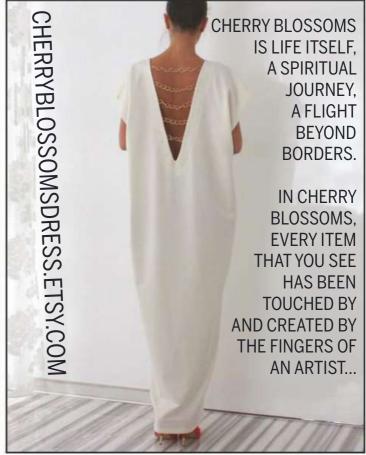
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